



# pilatesatelier

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### **Pilates.....**

#### **perfect to rebuild your body after birth**

After pregnancy abdominal muscles and pelvic floor have been stretched and weakened, and joints are loose and unstable. The lower spine may also tend to over-arch causing backache. Another issue may be neck and shoulder tension caused by slumping forward while breastfeeding.

A comprehensive Pilates workout programme that strengthens and improves the flexibility of abdominal, pelvic floor and other important muscles will help build your resilience and reduce any muscle tension. Pilates' breathing techniques also improve your body awareness and movement quality and help you regain your balance and posture.

#### **When to start exercising**

It is recommended to wait at least 8 weeks after a vaginal delivery, if you had a caesarean section a periode of 12 weeks is preferred. This rest period allows your abdomen to recover from giving birth.

#### **Your own course start**

You decide when you will join the group, depending on group progress an introduction of 30min might be necessary.

In our courses you can still be with your baby, your baby can even join in on some of the exercises.

Our postpartum Pilates class is specifically designed for rebuilding your core after baby. Even if you only make it through half the class before your baby needs to eat again, you'll be surprised at how much of a difference a few minutes of Pilates a day will make for rebuilding your core strength.

Course topics:

- regain body awareness
- strengthen the pelvic floor
- strengthen your abdominal wall, reducing the appearance of a distended stomach
- regaining an overall good body posture
- gentle circulatory system training
- meet and discuss with other mothers