



POST-NATAL PLANS

Our dedicated and carefully planned Post-Natal sections include Yoga and Pilates to rebuild and reconnect with your body after birth

Work through specially designed programmes for each stage of your Post-Natal journey, feeling fully safe and supported

- + Strengthen, tone and increase mobility to rebuild and reconnect with your body after birth
- + Gently re-build abdominal connection and strength and help heal, strengthen and tone the pelvic floor
- + Aide recovery of Diastis Recti
- + Relieve tension and pain in the upper and lower body
- + Nourish and energise the body and mind
- + Promote relaxation giving you a chance to rest and reset
- + Quiet the mind and connect into you using the breath



POST-NATAL | 8-16+ WEEKS

We advise mindfully following our set Post-Natal Plans from the start and completing / ticking off each class / stage before moving to the next. This plan works to around 3-4 classes a week.

Only complete classes after your 8 week check and if you had a C-Section please wait at least 12 weeks. Always ensure your Doctor has told you that you are safe to exercise.

Listen to your body, rest often, stay hydrated and stop if you are in any discomfort at all. Less is more.

1. RELAX + RESTORE FLOW YOGA	2. BREATH-WORK PILATES	3. 8-16 WEEKS FLOW YOGA	4. ESSENTIAL 1 PILATES	5. STRENGTH + BALANCE FLOW YOGA	4. MINI LEGS PILATES
7. 8-16 WEEKS FLOW YOGA	8. ESSENTIAL 3 PILATES	9. MINI GLUTES PILATES	10. ESSENTIAL 4 PILATES	11. STRETCH + BREATHE W/ BABY YOGA	12. RESTORATIVE YOGA
13. ESSENTIAL 2 PILATES	14. MINI ARMS PILATES	15. ESSENTIAL 3 PILATES	16. RELAX + RESTORE FLOW YOGA	17. RESTORATIVE YOGA	18. 8-16 WEEKS FLOW YOGA
19. STRENGTH + BALANCE FLOW YOGA	20. PELVIC FLOOR HEAL + STRENGTHEN YOGA	21. ESSENTIAL 1 PILATES	22. MINI GLUTES PILATES	23. ENERGISE + NOURISH FLOW YOGA	24. ESSENTIAL 2 PILATES
25. MINI ARMS PILATE	26. ESSENTIAL 3 PILATES	27. ENERGISE + NOURISH FLOW YOGA	28. ESSENTIAL 4 PILATES	29. MINI LEGS PILATES	30. STRETCH + BREATHE W/ BABY YOGA

POST-NATAL | 16-24+ WEEKS

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1. 16-24 WEEKS FLOW YOGA	2. BREATH-WORK PILATES	3. ACTIVATING 1 PILATES	4. MINI CORE PILATES	5. LEG + ARM STRENGTH YOGA	6. PELVIC FLOOR HEAL + STRENGTHEN YOGA
7. MINI GLUTES PILATES	8. ACTIVATING 2 PILATES	9. MINI LEGS PILATES	10. CORE FLOW YOGA	11. MINI ARMS PILATES	12. SUPINE CORE YOGA
13. ENERGISE + NOURISH FLOW YOGA	14. MINI CORE PILATES	15. STRENGTH + BALANCE FLOW YOGA	16. ACTIVATING 3 PILATES	17. 16-24 WEEKS FLOW YOGA	18. RELAX + RESTORE FLOW YOGA
19. PELVIC FLOOR HEAL + STRENGTHEN YOGA	20. MINI GLUTES PILATES	21. STRETCH + BREATHE W/ BABY YOGA	22. CORE FLOW YOGA	23. ACTIVATING 1 PILATES	24. LEG + ARM STRENGTH YOGA
25. MINI ARMS PILATES	26. ACTIVATING 2 PILATES	27. 16-24 WEEKS FLOW YOGA	28. RELAX + RESTORE YOGA	29. SUPINE CORE YOGA	30. ACTIVATING 3 PILATES

POST-NATAL | 24+ WEEKS

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1. SUPINE CORE YOGA	2. 24 + WEEKS FLOW YOGA	3. ACTIVATING 1 PILATES	4. CORE FLOW YOGA	5. ENERGISE + NOURISH FLOW YOGA	6. ACTIVATING 2 PILATES
7. PELVIC FLOOR HEAL + STRENGTHEN YOGA	8. LEG + ARM STRENGTH YOGA	9. STRETCH + BREATHE W/ BABY YOGA	10. ACTIVATING 3 PILATES	11. STRENGTH + BALANCE FLOW YOGA	12. SUPINE CORE YOGA
13. CORE FLOW YOGA	14. BASICS STRENGTHEN + RELEASE FLOW YOGA	15. MINI GLUTES BARRE	16. 24+ WEEKS FLOW YOGA	17. MINI ARMS BARRE	18. LOWER BODY RELEASE YOGA
19. 24 + WEEKS FLOW YOGA	20. MINI INNER THIGHS BARRE	21. BASICS FULL BODY FLOW YOGA	22. UPPER BACK RELEASE YOGA	28. BASICS SPINAL MOBILITY YOGA	24. STANDING GLUTES BARRE
25. MINI GLUTES BARRE	26. LOWER BACK RELEASE YOGA	27. STANDING GLUTES 3 BARRE	23. BASICS STABILISING FLOW YOGA	29. MINI ARMS BARRE	30. CORE FLOW YOGA