

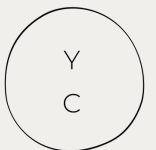


PRE-NATAL PLANS

Our dedicated and carefully planned Pre-Natal sections include Yoga and Pilates to support you into Motherhood

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

- + Strengthen, mobilise and support the important muscle groups, supporting your rapidly changing body
- + Prepare the body and mind for birth
- + Help create a connection with you and your baby,
- + Nourish and energise both the body and mind
- + Build pelvic stability
- + Learn breath-work techniques and tips for labour preparation
- + Aide sleep, help to relieve headaches, shortness of breath and lower back pain
- + Encourage relaxation and help reduce stress and anxiety
- + Aide post-partum recovery



PRE-NATAL | 1st TRIMESTER

We advise mindfully following our set Pre-Natal Plans from the start and completing / ticking off each class / stage before moving to the next
This plan works to around 2 classes a week.

Please don't exercise if you have any of the following symptoms: dizziness, bleeding, excessive tiredness, pain, shortness of breath or headaches and before you have been cleared by your doctor to exercise

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

1. 1ST TRIMESTER FLOW YOGA	2. BREATH-WORK PILATES	3. ESSENTIAL 1 PILATES	4. CONNECT FLOW YOGA	5. MINI ARMS PILATES	6. RESTORATIVE FLOW YOGA
7. MINI LEGS PILATES	8. TRUST FLOW YOGA	9. ESSENTIAL 2 PILATES	10. MINI GLUTES PILATES	11. ESSENTIAL 3 PILATES	12. 1ST TRIMESTER YOGA FLOW
13. ESSENTIAL 4 PILATES	14. MINI ARMS PILATES	15. MINI GLUTES PILATES	16. 1ST TRIMESTER YOGA FLOW	17. STRENGTH + STAMINA FLOW YOGA	18. MINI LEGS PILATES
19. MINI GLUTES PILATES	20. ESSENTIAL 1 PILATES	21. LEG + ARM STRENGTH YOGA	22. RESTORATIVE FLOW YOGA	23. ESSENTIAL 2 PILATES	24. MINI ARMS PILATES
25. CONNECT FLOW YOGA	26. ESSENTIAL 3 PILATES	27. TRUST FLOW YOGA	28. ESSENTIAL 4 PILATES	29. LEG + ARM STRENGTH YOGA	30. ACTIVATING 1 PILATES

PRE-NATAL | 2nd TRIMESTER

We advise mindfully following our set Pre-Natal Plans from the start and completing / ticking off each class / stage before moving to the next
This plan works to around 2 classes a week.

Please don't exercise if you have any of the following symptoms: dizziness, bleeding, excessive tiredness, pain, shortness of breath or headaches and before you have been cleared by your doctor to exercise

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

1. 2ND TRIMESTER FLOW YOGA	2. BREATH-WORK PILATES	3. ACTIVATING 2 PILATES	4. MINI LEGS PILATES	5. LOVE FLOW YOGA	6. BREATHWORK + NIDRA YOGA
7. MINI GLUTES PILATES	8. TRUST FLOW YOGA	9. STANDING GLUTES BARRE	10. ACTIVATING 3 PILATES	11. MINI ARMS PILATES	12. RESTORATIVE YOGA
13. STANDING GLUTES BARRE	14. ACTIVATING 1 PILATES	15. LEG AND ARM STRENGTH YOGA	16. 2ND TRIMESTER FLOW YOGA	17. CONNECT FLOW YOGA	18. MINI LEGS PILATES
19. BREATHWORK + NIDRA YOGA	20. MINI GLUTES PILATES	21. STRENGTH + STAMINA FLOW YOGA	22. ACTIVATING 2 PILATES	23. LEG AND ARM STRENGTH YOGA	24. STANDING GLUTES BARRE
25. 2ND TRIMESTER FLOW YOGA	26. RESTORATIVE YOGA	27. MINI ARMS PILATES	28. LOVE FLOW YOGA	29. STANDING GLUTES BARRE	30. ACTIVATING 3 PILATES

PRE-NATAL | 3rd TRIMESTER

We advise mindfully following our set Pre-Natal Plans from the start and completing / ticking off each class / stage before moving to the next
This plan works to around 2 classes a week.

Please don't exercise if you have any of the following symptoms: dizziness, bleeding, excessive tiredness, pain, shortness of breath or headaches and before you have been cleared by your doctor to exercise

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

1. 3RD TRIMESTER FLOW YOGA	5. BREATH-WORK PILATES	2. ACTIVATING 1 PILATES	4. STANDING GLUTES BARRE	3. LOVE FLOW YOGA	6. MINI ARMS PILATES
7. MINI GLUTES PILATES	8. RESTORATIVE YOGA	9. BREATHWORK + NIDRA YOGA	10. TRUST FLOW YOGA	11. ACTIVATING 2 PILATES	12. MINI LEGS PILATES
13. ESSENTIAL 1 PILATES	14. LEG + ARM STRENGTH YOGA	15. MINI ARMS PILATES	16. ESSENTIAL 4 PILATES	17. MINI GLUTES PILATES	18. RESTORATIVE YOGA
19. CONNECT FLOW YOGA	20. MINI LEGS PILATES	21. ESSENTIAL 2 PILATES	22. STRENGTH + STAMINA FLOW YOGA	23. LEG + ARM STRENGTH YOGA	24. BREATHWORK + NIDRA YOGA
25. MINI GLUTES PILATES	26. 3RD TRIMESTER FLOW YOGA	27. ESSENTIAL 1 PILATES	28. LOVE FLOW YOGA	29. ESSENTIAL 3 YOGA	30. CONNECT FLOW YOGA