

## Wellbeing: Post Natal Pilates Progressi

This post-natal Pilates course is a non-competitive form of exercise for the body and mind; you will be encouraged to find and stay within your own personal limits, progressing at your own pace exercises to improve postural awareness, core stability and balance.

Pilates builds postural understanding and helps you to develop stability and control of the body through breath and core activation.

Babies are welcome but as with baby yoga, they will not be an active participator.  
Suitable for parents / carers and their babies aged 6 weeks to crawling. One adult to one baby.

Start Date: 01 November 2024  
Start Time: 13:15  
Lessons: 7  
Weeks: 7  
Hours: 7.00

### Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### What will I learn on this course?

By the end of the course, you should be able to:

1. Be able to demonstrate balancing safely with at least 2 Pilates exercises.
2. Participate in at least 1 technique that develops postural awareness and control.
3. Use at least 2 breathing techniques to maximise recruitment of core and pelvic floor muscles through exercises.

### Is this course suitable for me?

This is a 45 min Pilates for the adult with 15 min for paperwork. Babies are welcome but as with baby yoga, they will not be an active participator.

Suitable for parents / carers and their babies aged 6 weeks to crawling. One adult to one baby.

If you have health concerns, then please see your GP before enrolling.

### Is there anything else I need to know about the course?

If you have health concerns, then please see your GP before enrolling.

You will need to wear loose comfortable clothing. It is better to practice in bare feet.

If you are pregnant, have heart problems or any serious medical condition or concerns, please check with your GP/nurse and discuss with your tutor, as classes are physically active.

The session shall include a section where participants lie down on their backs with their knees bent and feet flat on the floor. Yoga mats can be provided but you should bring your own if convenient.

### What could I go on to do after this course?

Your tutor can talk to you about other subject related courses available.

If you wish to explore your learning, work or career options, you can speak to a fully trained next step advisor on 0800 100 900.

If you need further advice please telephone 01634 338400.

### Attendance Policy

By participating in the wellbeing class, you accept that you understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a fitness activity, and you will need to be suitably dressed. MAE is not responsible for damage to your items.

You will be required to complete a confidential health check form before your first class.

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