

# Pregnancy Inmotion Workshops



WOMEN INMOTION PHYSIOTHERAPY

ALPHINGTON  
**SPORTSMEDICINE**  
**EXERCISE+REHAB**



**Pregnancy Inmotion Workshops are designed to give you timely access and expert advice on a more personal level.**

These supportive and educational workshops have been created to assist you through the entirety of your pregnancy and postnatal period.

This is a unique program that combines medical, physiotherapy, exercise and nutrition care for pregnant patients.

## WORKSHOPS:

### **Session 1: Pregnancy Inmotion (0-25 weeks gestation)**

Learn about how your body changes through pregnancy and how to prevent or address aches and pains. Get the right advice about exercise and training to stay fit and healthy during pregnancy.

### **Session 2: Labour Inmotion (26-40 weeks gestation)**

Your body is wired for labour and birth, and you can help it work optimally. Learn how to tap into your natural resources with positioning, relaxation, massage, breathing and pain relief strategies. Birth partners are encouraged to attend this session so that they can learn how best to assist you during labour.

### **Session 3: Recovery Inmotion: (any time postnatal, preferably patients who are < 3mths)**

Understand how and why your body has changed after having your baby. Gain knowledge about recovery after C-section or vaginal delivery, as well as advice on how to return to exercise and sport safely. Babies and older children welcome.

#### **Cost:**

- \$180 per session or \$450 for 3 sessions purchased as a package. Sessions can be claimed under private health insurance.

#### **Capacity:**

- 6 participants - for Sessions 1 and 3.
- 12 (6 couples) to accommodate birth partners - for Session 2.

#### **Time & Dates:**

- Saturday 4, 11 & 25 of November, 2-5pm.

#### **Bookings are essential:**

Phone 9481 5744 to secure your place.

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