

# ZEN CORE: 8 WEEK PREGNANCY COURSE



ABSOLUTE POTENTIAL  
*Health & Performance*

Nourish Your Pre-Baby Body so You Can Feel  
Your Best: Prenatal Classes for Mamas-To-Be  
on the Sunshine Coast

**CLASS OVERVIEW 2020-21**

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# CLASS OVERVIEW

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**Becoming a mother is a whole other world. Let us help you go into it feeling your best, so you can focus on what matters - bringing up a healthy, happy baby.**

**Nourishing You & Your Baby Body is a series of small group classes aimed at pregnant women who want to feel their best during gestation and the early post natal period.**

Designed by women's health physiotherapist, nutritionist, C.H.E.K. Practitioner & Holistic Life Coach and mum, Sissy Taufika, these classes are physically and emotionally empowering to help you on the journey into motherhood. You'll get stronger in body and mind whilst also getting the chance to connect with other local mums-to-be in a small group environment.

**Classes integrate pelvic floor physiotherapy, functional strength exercise, myofascial stretching, interval/circuit work and Clinical Pilates, plus mindfulness meditation and breathing to help women achieve their best health during this wonderful time and beyond.**

Each class takes place in our beautiful, nature-surrounded private studio in Mons with a maximum of 6 participants which increases compliance, motivation and community, at the same time allowing each participant's unique needs and abilities to be taken into account.

*"Take care of your body. It's the only place you have to live"*  
- Jim Rohn

# PROGRAM

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## **Initial 1-1 Assessment (1 hour)**

*(Pre-requisite to starting classes)*

Comprehensive posture, nutrition & lifestyle assessment

Includes assessment of pelvic floor\*, core stability, current injuries and/or any pregnancy-related issues. This enables Sissy to get to know you and your body and tailor exercises specifically to your needs.

## **Class Content (45 minute sessions)**

- Prenatal pelvic floor and core muscle training – the optimal time to strengthen your pelvic floor is before or during pregnancy in order to prepare it for the extra load it needs to manage later in pregnancy and during childbirth.
- Strength/light weight training – strength training isn't just for men nor do we need to avoid it when pregnant! We will go through safe and functional strength exercises that can help reduce pregnancy back and pelvic pain and to prepare you for the lifting you'll be doing once baby arrives (prams anyone?)
- Cardiovascular fitness & natural movement – performing exercises that increase your heart rate do not need to be avoided in pregnancy and can help regulate blood glucose levels, improve risk of pre-eclampsia and support healthy pregnancy weight gain.
- Flexibility & mobility – using myofascial and manual therapy techniques, you'll go through gentle mobility exercises that can help reduce pregnancy-related pain and tightness, without over-stretching

## **Mindfulness meditation & breathing**

- Breathing and meditation is as integral to optimal pregnancy health as good food, movement and water. Sessions include:
  - Wind down meditation
  - Breathing techniques for natural pain relief during labour
  - Breathing techniques to reduce pregnancy stress & anxiety

*\*Functional assessment only in first trimester*

# WHY SHOULD I EXERCISE DURING PREGNANCY & AFTER

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**Current guidelines recommend that EVERY women (in the absence of medical or obstetric conditions) should exercise at least 20-30 minutes on most if not all days during pregnancy**

This includes strength and aerobic training at moderate intensity

**Regular moderate intensity exercise can reduce the risk of gestational diabetes and pre-eclampsia**

Exercise before and in the first trimester of pregnancy can significantly reduce the risk of developing pre-eclampsia (Sorenson et al 2003) and gestational diabetes especially in obese and overweight women (Wang et al 2017). It is effective in managing blood glucose levels (Harrison et al 2016) .

**Supervised pelvic floor muscle training (PFMT) is essential for effective recovery from post-birth conditions such as prolapse, stress urinary incontinence and sexual dysfunction.**

Research shows that daily home practice of PFMT is NOT effective unless combined with a once weekly supervised session with a pelvic floor physiotherapist (Dumoulin et al, 2018). PFMT before or during pregnancy may prevent issues like prolapse and incontinence post pregnancy as well as reduce time needed to return to sport and physical activity.

**In summary: Regular physical activity can maintain physical fitness, help with weight management, enhances physiologic wellbeing, has minimal risks and can benefit most women (ACOG Committee Opinion, 2005)**

# WHO ARE THEY FOR?

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**Whilst our classes are all-inclusive and all-sizes welcome, there are certain pregnant women who may be unsafe to exercise and/or need medical clearance before participating in exercise. These include those with:**

- Haemodynamic significant heart disease
- Restrictive lung disease
- Severe anaemia
- Premature labour during current pregnancy
- Ruptured membranes (waters broken)
- Multiple gestation at risk for premature delivery
- Persistent 2nd or 3rd trimester bleeding
- Incompetent cervix/cerlage
- Placenta praevia after 26 weeks
- Pregnancy induced hypertension/pre-eclampsia

If you have been diagnosed with any of these conditions you will need clearance from your treating obstetrician or GP that you can safely participate in exercise.

*Please note that ALL participants are required to do an initial 1-1 clinical assessment prior to joining in a group class. This will ensure that your needs and conditions are properly assessed and taken into account during classes, as well as enabling private health rebates if applicable.*

# WHAT TO EXPECT

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Our Zen Core classes are non-judgemental and all-inclusive to empower mums-to be with the confidence and knowledge to feel the best they can – so they can best support their bodies through pregnancy and birth.

Our aim is to provide pregnant women with a safe, nurturing, supportive, inclusive, positive, spirit-nourishing space in which all shapes, sizes and abilities are welcomed.

Classes are kept small, exercises are modified to each participant's needs and each session is run by a qualified physiotherapist, nutritionist and corrective exercise specialist which means that not only are you in safe hands, but you'll get the chance to connect meaningfully with other like-minded women and receive a truly holistic approach to your health and wellbeing.

Importantly, these classes are about actively participating in – not just passively accepting – the journey towards you being an awesome parent and the greatest influence on your child's future health and wellbeing. If you're feeling good, then not only can you handle the ups and downs better, but you're setting an important example for your little one on the importance of self-care and taking care of their health.

All participants get priority access to one-on-one clinical sessions that may be required to address additional conditions that require more attention (including nutrition support and specific hands-on treatment).

# PRICING + T'S & C'S

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Participants must be able to commit to the full 8 session block and 1-1 initial assessment (done at a flexible time prior to the course beginning).

Upfront payment for eight classes and assessment is \$460. Health care rebates are available under small group physiotherapy classes (HICAPS code 560). Please note, the initial assessment is a pre-requisite to attending classes and can be invoiced separately. Financial hardship will be considered and payment plans can be discussed.

Your investment includes:

- A 1-1 comprehensive assessment of your prenatal health including pelvic floor & core assessment and movement/posture screen (normally valued at \$170)
- 8 weekly group classes in a safe inclusive space (50 minutes duration, limited to 6)
- Access to Sissy via text, phone or email between sessions
- All equipment and props will be provided - we use Australian-made eco-friendly & non-toxic Second Earth yoga mats
- Cool down chat and debrief post session
- A recording of each meditation will be sent out after the session and is yours to use after the course ends.
- Post-course celebration morning tea with wholesome treats and a chance to connect more intimately with the mums-to-be you've spent the last few weeks sweating with!

Sessions are cumulative, with each class building on the previous ones. In order to get maximum benefit out of our program, we encourage you to sign up at a time when you know you'll be able to attend all classes. Whilst we understand that life happens, we are unfortunately unable to offer make up classes in a subsequent course or a refund for missed classes due to the structure of this course as a complete program.

Additionally, it is important for us to create a safe place for the group to learn, connect and progress. If people come into a course for only one or two sessions, they won't obtain the most benefit and this disrupts the flow & connection within the group.

# SHARE THE LOVE

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## ***Post-Baby Course Discount***

Commitment to our Prenatal course gives you discounted access to our Zen Core POST NATAL course which addresses post-pregnancy conditions such as diastasis recti separation and prolapse\*. This course can be taken on its own (ie. clients don't need to do the prenatal course to join) or as a progression of attending the Prenatal Course.

## ***Referral Bonus***

Bring a mum friend or family member and they'll get \$40 off their course price (one free session) - and we'll give you \$40 off your fee as a thank you!\*\*

## ***Want to do it again?***

Return clients who want to repeat a course will only pay \$320 for the full 8 weeks. Depending on the duration between when you completed your first course, you may not need another 1-1 assessment - if you do, you'll get this at no cost as our thank you for coming again!

*\*Another assessment is required to do the postnatal course even if you attended the prenatal course due to the physical changes that can occur during birth.*

*\*\*Only available to new clients. Must inform therapist on booking.*



# FAQ'S

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## ***I've got other kids - can i bring them to the sessions?***

We love meeting little ones, and while we're huge believers of prioritising time for yourself, we also know that sometimes that isn't possible so are more than happy for you to bring your kiddies along!

## ***What if I can't make a session?***

Sessions are cumulative, with each class building on the previous ones. In order to get maximum benefit out of our program, we encourage you to sign up at a time when you know you'll be able to attend all classes. Whilst we understand that kids get sick and life happens, we are unfortunately unable to offer make up classes in a subsequent course or a refund for missed classes due to the structure of this course as a complete program.

## ***When's the best time to do this course? I'm 32 weeks pregnant.***

Exercise throughout your whole pregnancy is considered safe and essential (unless you have a specific medical condition - see 'Who are they for?!'). This course is thus suitable for women throughout the pregnancy period and has been devised for safe movement regardless of the trimester you're in. Saying that, some women will find it more difficult to exercise as they get closer to their due date and may find a group class, albeit small, too challenging, especially if they haven't exercised before. We always recommend contacting us to discuss your situation first.

Additionally, the difference between this course and other postnatal courses is that a 1-1 full physical assessment is required before joining. Done by a qualified women's health physiotherapist, we'll be able to assess and diagnose any pregnancy issues and your ability to safely exercise. Should we find that you're not yet ready to join a group class, we'll be able to provide professional advice and recommendations on what to do next. This assessment is a stand-alone appointment and you will not be charged or obligated to pay for the 8 week course.