



ABSOLUTE POTENTIAL
Health & Performance

ZEN CORE: 8 WEEK POSTNATAL COURSE

Nourish Your Baby Body so You Can Feel
Your Best: Postnatal Classes for Mamas on
the Sunshine Coast

CLASS OVERVIEW 2023

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CLASS OVERVIEW

Becoming a mother is a whole other world. Let us help you regain your body so you can feel your best again.

Zen Core is a series of small group classes aimed at post-pregnancy women who have been diagnosed with or are having issues with their pelvic floor, prolapse, diastasis recti separation and/or are wanting a professional and safe return to exercise.

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 recover from the wonderful yet challenging experience of pregnancy & birth.

Classes integrate pelvic floor physiotherapy, functional strength training, myofascial stretching, interval/circuit work and Clinical Pilates, plus mindfulness meditation and breathing to help women regain their best health following their baby's birth.

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

Initial 1-1 Assessment (1 hour)

(Pre-requisite to starting classes)

Comprehensive posture, nutrition & lifestyle assessment

Includes assessment of pelvic floor, diastasis recti separation, post-pregnancy-related issues. This enables Sissy to know your post-birth condition and tailor exercises specifically to your needs.

Class Content (45 minutes)

- Post natal pelvic floor and core muscle training - weakened or damaged muscles can lead to conditions such as incontinence and prolapse which can be treated with pelvic floor training
- Diastasis recti resolution - successful resolution of abdominal separations can be achieved with specific and regular exercises
- Strength and resistance training - optimising your body for the heavy 'lifting' of motherhood as well as to support return to pre-baby condition
- Cardiovascular fitness & natural movement - to support general fitness and wellbeing post pregnancy and birth
- Flexibility & mobility - myofascial and mobility techniques to manage common symptoms of upper & low back pain and postural pain from breastfeeding

Mindfulness/meditation & breathing

- Just as important, if not more so, post-pregnancy. Sessions will include:
 - Mindfulness meditation - each class ends with a custom relaxation meditation that is recorded and yours to keep post-course
 - Breathing techniques to reduce anxiety and stress, improve posture and heal your postnatal issues

WHY SHOULD I EXERCISE DURING & AFTER PREGNANCY?

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). Symptoms of leakage, heaviness, decreased sexual sensation and an inability to return to sport can be improved with PFMT.

Regular moderate intensity exercise can reduce the risk of gestational diabetes and pre-eclampsia in your next pregnancy

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) .

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. Getting into a routine of exercise and movement now sets you up for subsequent pregnancies and beyond.

In summary: Regular physical activity can resolve urinary and sexual issues post-pregnancy, maintain physical fitness, help with weight management, enhance physiologic wellbeing, has minimal risks and can benefit most women (ACOG Committee Opinion, 2005)

WHO ARE THEY FOR?

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

- Early postnatal period especially if caesarean ie. first 0-6 weeks after birth
- Acute perineal damage or repair, episiotomy ie. 1 week post
- Any signs of infection in C-section incision, perineal repair
- Stage 3 or greater prolapse
- Pre-existing cardiovascular, respiratory or other medical condition that may impact on exercise capacity

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. For all women in the first 6 weeks post partum, 1-1 appointments are likely to be more suitable. Please contact us to have a chat about your individual situation.

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

Our Zen Core classes are non-judgemental and all-inclusive to empower new mums with the confidence and knowledge to feel the best they can - so they can best support their babies to achieve their best.

Our aim is to provide new mums 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 sessions that may be required to address additional conditions that require more attention (including nutrition support and specific hands-on treatment).

TESTIMONIALS

"I came to Sissy already on a waiting list for a hysterectomy and pelvic floor rebuild. As I went through the course, I found myself getting stronger. **At the end I felt so good that I cancelled my surgery!** I highly recommend this course to mums of all ages - you don't have to be a new mum to benefit. [The course] was awesome, perfectly run and a perfect progression [of exercises]" - Gail, 40 years, mum of 13, 11 & 4.5 year old

"Session after session **I became stronger and increasingly mindful of my body, being able to carry out with the day-to-day as a full-time mom knowing how to move and engage different muscles correctly to alleviate symptoms and most importantly prevent any issues in the future.** It was nice to achieve this along with other women. The structure of the course is equally physically challenging and nurturing. **The guided meditation at the end allows for emotional healing** and we all know how that is just as important as how we feel in our bodies... And would like to encourage other moms regardless of age or stage in life to join this course or simply get in touch with Sissy if you are unsure or if you'd like to talk about your personal situation and how she can help. She is truly wonderful and her studio is a safe and welcoming space" - Renata, 40 years, mum to 2 and 4 year olds

"I recently completed Sissy's Zen Core course to address the pelvic floor prolapse I have had since giving birth 15 months ago. The prolapse was limiting in many ways and felt constantly heavy even though I was doing the exercise's recommend by two [other] physios. **I am amazed by the improvement since doing Sissy's 8 week course. I no longer have any issues and don't feel much different from before birth,** even though it's been a month and I haven't kept up the exercises. I thought the problem would be with me forever and that I would have to continue to do pelvic floor exercises forever. The added benefit was that **I feel fitter, stronger and more connected to my entire body and i feel more coordinated and motivated.** I would highly recommend Zen Core to any one with prolapse issues or who would like to engage their core and general fitness after birth. Sissy's knowledge of how to work with each participant after pregnancy and birth was outstanding and the classes were a combination of gentle workout, fun and relaxation."- Deb, 47 years, mum to 18 month old boy

PRICING + T'S & C'S

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 \$497. 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 post-natal health including pelvic floor & core examination and movement/posture screen to assess your readiness to return to or start physical activity (normally valued at \$250);
- 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
- A recording of each meditation will be sent out after the session and is yours to use after the course ends.
- Filtered mineralised water on hand
- Post-course celebration morning tea with wholesome treats and a chance to connect more intimately with the mums 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 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.

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!

Referral Bonus

Bring a mum friend or family member and they'll get \$40 off their course price (one session free) - 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!

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

FAQ'S

Can I bring my little one?

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.

I'm not sure if I have a prolapse or other issue that might stop me from exercising properly, can I still do the course?

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 will be able to assess and diagnose pelvic floor issues, diastasis recti (separation), prolapse and other issues that you may be concerned about. 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.