

Alexander Technique for Pregnancy

Finding your inbuilt support through pregnancy and labour
with Ineke de Graaf

Starting Monday 21st September for 6 weeks – Cost \$180 (\$150 con)

Time: 6.30 – 8.00pm

During pregnancy your body is constantly changing. The Alexander Technique helps you to adapt to these changes, as you become more in touch with your body and more able to take a proactive role in self care.

In Alexander Classes we will explore:

- Everyday activities like, standing, walking, bending down, getting out of bed and sitting at a desk
- Postures to promote optimal foetal positioning and ease through labour
- Breathing freely
- Constructive rest and finding comfort
- Pelvic strength, stability and flexibility
- Breastfeeding positions, lifting and carrying your baby

Who will benefit:

- Women in any stage of their pregnancy. It is an educative process, so the earlier the better.
- Women seeking to prevent pain and discomfort.
- Women suffering from:
 - Neck and back pain; headaches; stress/anxiety/fatigue;
 - respiratory problems; aching joints
- Women wanting to enhance their experience of child birth

Classes are kept small to ensure individual attention.



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www.naturaltherapypages.com.au

www.abbotsfordconvent.com.au/wellbeing