



Prenatal Pelvic Health Exercise Program

Birth Empowerment Training

“ I wish I had this class with my other two pregnancies. Jill does a wonderful job! “ -Jessica .



- **Where:** Group classes meet at Yoga Selah, 101 Meadow Dr, Cumming, GA, 30040
- **When:** Tuesdays at 5:45-7:00 pm. Classes meet weekly for 6 weeks.
- **Who:** Classes are designed for pregnant women (2 to 42 weeks gestation) who have been medically cleared by their OB/PA/Midwife
- **What to expect:** Exercises consist of gentle yoga, pilates, physioball, and pelvic health exercises. Sessions end with 15 minutes of guided relaxation training. Topics about birth are discussed in class. Sharing and laughing is encouraged.

Class is ideal for birthers who feel anxious about birth, want to ease common aches and pain, and meet other moms as well as those who are health conscious and want to learn how to lessen injury risks and speed postpartum healing. No experience is required for this class.

Each session covers different topics similar to a course. Regular attendance will give you maximum benefit to the program.

Classes are taught by the owner of WellWomanPT, a CAPP-OB certified obstetric and pelvic health physical therapist, pre/postpartum exercise instructor and doula.

CDC guidelines will be followed. Live online classes may be available; please call for more information.

Visit www.WellWomanPT.com for more information about Pelvic Health Physical Therapy and Wellness services.

Self register online now! Limited to 6 students.





Supply List and Class details

Please bring and set up 10 minutes before class:

- A physio ball, the size should be according to the length of your tibia (floor to kneecap), measured in cm.
- A Yoga mat.
- A bath towel (to use as a roll/pillow for comfort).
- Optional but recommended: A water bottle, a snack, yoga anti-slip socks
- Optional: A Yoga strap or rope (for tight hamstrings).
- Optional: A pair of light hand weights (1-3#) or water bottles/milk jugs will do.
- Optional: Thera band (red for medium or yellow for light resistance), at least 3' in length.

For online class:

- Find a quiet calm spot in your home, near a clear corner/wall/secure closed door. We will be using the surface to lean up and push against for some exercises and the quiet will benefit you for *relaxation training*.
- Place your yoga mat near your corner or blank wall. You should be able to spread your arms in at least a 360-degree circle.
- If you have a sturdy piece of furniture nearby, like a footboard of a bed or a counter, that will help you with balance or during squats.
- Ensure that your floor and feet are not slippery. Yoga slippers are helpful.
- Always trust your body and only do the exercises that feel comfortable to you.

10 minutes before online class:

- Check your email and look for the invitation link for online class.
- Reminders: Please return your exercise waiver/medical clearance before class.
- Each class covers different topics similar to a course. Attendance will give you maximum benefit to the program.
- **Text or call if you can't find class or are unable to join.**

Jill Newcomb-Campanelli PT , CLT, CI, CAPP-OB

[678-719-2488](tel:678-719-2488)

www.WellWomanPT.com

