

Manor Clinic are excited to announce that they are adding specialist Pilates for pregnancy classes to the extensive range of Pilates and Yoga already offered in their dedicated studio.

These will consist of separate ante and post natal Pilates classes which allows our teachers to focus on the particular requirements of mothers at these two important points in the childbirth timeline. The classes will be designed by a physiotherapist and taught by teachers trained in the highly regarded APPI Pilates for Pregnancy qualification.

### Class Details

The classes will take place on Saturday afternoon starting with the ante natal at 2:00pm followed by the post natal at 3:00pm. These timings have been designed to allow the greatest chance that pupils will have availability of childcare from partners or parents. The classes will be a mixture of matwork but may also include work with equipment e.g. Swiss ball and supportive cushions if required and include a short relaxation session.

### Costs

The cost of these specialised classes will be as follows:

Ante Natal: £60 for each 4 week block. These can be attended from 12 weeks pregnant until the due date. Classes will be limited to a

maximum of 8 pupils to ensure a high level of supervision.

Post natal: £150 for a block of 8 weekly lessons plus an initial one on one lesson. These can be attended from 6-8 weeks post-partum or 12 weeks if post c-section. During the one on one pupils will be taught the basic exercises that will be developed during the block and this also gives the teacher the chance to assess a pupils posture, signs of rectus diastasis and pelvic floor activity as well as any individual requirements . Pupils can apply for additional blocks once they have undertaken the initial block at a cost of £120 and without the need for a further one on one session.



### Why pregnancy Pilates?

The main benefit of Pilates is that it targets the exact muscles and functions that can be a problem during pregnancy and after birth, in a safe way helping improve postural awareness and maintaining flexibility. Doing regular Pilates will help to:

- Strengthen your pelvic floor, which will help to support your bowel, bladder and uterus

(womb) as your baby grows and moves down.

- Strengthen your stomach muscles, which equips your body better to cope with the strains caused by the weight of your growing baby. Hormones make the ligaments that connect your bones more pliable in pregnancy, making you more prone to injury.

- Reduces back pain, by exercising the deepest stomach muscles that stabilise your back and pelvis. Weak muscles can lead to back or pelvic pain.

- Helps with balance, as you may feel a little more clumsy, or that your balance isn't as good as usual. Pilates exercises strengthen your core and may make you more stable when you walk as your bump grows.

- Takes the strain off your back and pelvis by, for instance, using adapted kneeling positions. It may also help to get your baby into the right position for birth.

- Relax and control your breathing, which is important for pregnancy and labour.

## About Our Teachers

### Katie Ford

Teaching will be led by Katie Ford (nee Cheeseman). As well as being a qualified physiotherapist Katie trained with the Australian Physiotherapy and Pilates Institute (APPI) to become an advanced Physiotherapist Pilates instructor and has also done further training in antenatal and postnatal Pilates. She has been teaching Pilates classes and 1:1 sessions for both beginners and advanced Pilates as well as ante and post natal classes for several years and has also run classes specifically for pregnant ladies with pelvic girdle pain.

### Nicki Thompson

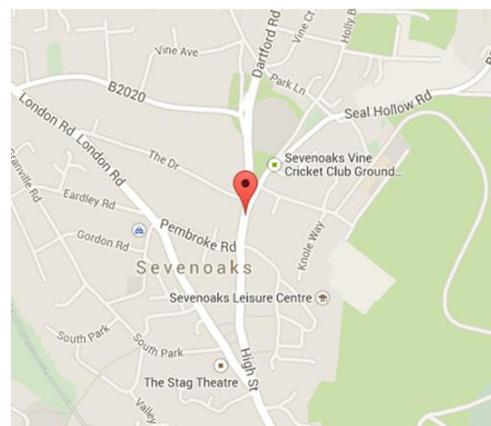
Nicki is a level 3 qualified personal trainer and Pilates instructor. Since 2010 she has specialised in working with pre and postnatal women. Nicki currently runs her own business, Fitmums, which focuses on both personal training and group classes for pre and postnatal women. Nicki is passionate about keeping pregnant ladies moving safely through their trimesters and then returning them to appropriate exercise once they have had their baby.

Nicki's pre and postnatal training and classes have focused on core strength, pelvic floor recovery and improving stability so becoming a Pilates instructor seemed a natural step. Nicki loves the principles of Pilates such as precision, control and concentration which help clients to improve their posture and movement, reduce pain and make clients more bodily aware.

## About Manor Clinic

Manor Clinic was set up in 2003. It comprises of over 30 self-employed practitioners and teachers providing a range of therapies. The clinic ethos is to provide a range of different treatments whilst encouraging practitioners to work together. The combination of client choice and practitioner independence ensures that the patient receives the most appropriate treatment.

## Location & Facilities



Manor Clinic is located in central Sevenoaks at 165 High Street at the junction with The Drive. We have two car parks: one at the clinic itself and one opposite on The Drive

## Contact

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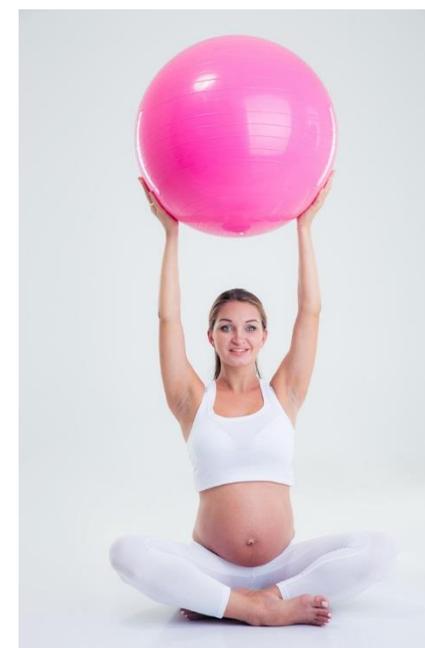
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## Ante & Post Natal Pilates At Manor Clinic



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