



## POSTNATAL COURSES AT HUMPTY DUMPTY

Have you just had a baby? - Congratulations! 😊

Do you want to do something for your body after pregnancy & childbirth? – You should! 😊

Because after the abdomen, pelvic floor & co. have been put under extreme strain, especially during labour, it takes some time for the body to recover – not to mention the hormones. The best way to support your body is with little exercise and patience.

Postnatal gymnastics not only helps you to strengthen the muscle groups that have been used, but also helps you to get out of the house and socialise again. It's not just a small feel-good programme for you physically – and a small step towards normality. You can attend classes during the day with your baby, in the evening without your baby.

Exercises with your baby also strengthen your bond with your child. Some exercises also help your baby to gain control over their head and train arm and neck muscles. Balance exercises with your baby help to promote your child's muscle development and coordination.

The pregnancy hormones make your muscles softer and your pelvis widens by several centimetres. Your abdominal muscles are extremely stretched and should be gently rebuilt with targeted exercises. Pelvic floor training also has a positive effect on your posture. The pelvic floor not only supports your pelvic and abdominal organs, but also helps to stabilise and balance the posture of your spine and head.

The ideal time to start the course is 6 to 8 weeks after the birth (caesarean section: consult with your doctor or midwife).

### Course objectives & course content of the postnatal courses

- ✚ Promote muscle development
- ✚ Strengthening and stabilising the back, abdomen and pelvic floor
- ✚ Exercises for body awareness and relaxation
- ✚ Positive performance enhancement of the entire body (get fit again!)
- ✚ Practising ergonomic movements for everyday life

- ✚ Exchange of experiences with other mums
- ✚ Strengthening and targeted relaxation
- ✚ Exercises to do at home

## Note:

1. All exercises from the postnatal courses should also be practised regularly at home.
2. Small groups (usually 8-10 participants) allow us to respond better to each of you individually.

## Course location, course management and further information

- ✚ The courses take place at the Humpty Dumpty Crèche and Kindergarten along Elgon View Drive right next to Tophill hospital.
- ✚ Please wear comfortable clothes and socks (no shoes in the classroom), ideally you should come already changed.
- ✚ Exercise mats are available, but you are welcome to bring your own mat (this also saves the use of disinfectant).
- ✚ Also remember to bring something to drink.
- ✚ Contact: +254 745388122; info@humpty-dumpty-eldy.net

## Registration fee

- ✚ Postnatal courses with baby Kshs 3,500 (6 course units of 60 min each)
- ✚ Postnatal courses without baby Kshs 4,500 (6 course units of 60 min each)

## Appointments for courses **WITHOUT** baby

Course / Number	Period	Time
Course without baby HD2024-03-001 (Kshs 4,500)	02.03.24 – 06.04.24 Saturdays, weekly (6 units)	10:00 am – 11:00 am
Course without baby HD2024-03-002 (Kshs 4,500)	02.03.24 – 06.04.24 Saturdays, weekly (6 units)	03:00 pm – 04:00 pm
Course without baby HD2024-03-003 (Kshs 4,500)	02.03.24 – 06.04.24 Saturdays, weekly (6 units)	04:30 pm – 05:30 pm

## Appointments for courses WITH baby

Course / Number	Period	Time
Course with baby HD2024-03-004 (Kshs 3,500)	03.03.24 – 07.04.24 Sundays, weekly (6 units)	10:00 am – 11:00 am
Course with baby HD2024-03-005 (Kshs 3,500)	03.03.24 – 07.04.24 Sundays, weekly (6 units)	03:00 pm – 04:00 pm
Course with baby HD2024-03-006 (Kshs 3,500)	03.03.24 – 07.04.24 Sundays, weekly (6 units)	04:30 pm – 05:30 pm

## Follow-up course – full body training after postnatal recovery (with or without baby possible)

**What happens after the postnatal course?** Your postnatal course is over and you would like to continue being active – whether directly after the postnatal course or a few years later. We offer full-body training after postnatal recovery as a follow-up course. Here you can intensify the exercises from the postnatal course and address other muscle groups. We focus on the upper body, core muscles and legs in increased exercises and supplement the training with skin tightening and fat burning. Of course, the focus remains on the pelvic floor – because this course is specially tailored for new mums so that you can stay fit as a mum, too.

This course takes place in mixed groups with and without a baby, so you are welcome to bring your child along.

### Registration fee

1. Single lesson: Kshs 1,000
2. 6-lesson-card: Kshs 4,500
3. 12-lesson-card: Kshs 7,500

You only pay for the lessons you actually attend. Once you have registered, you will be sent the online link for the next course week every Sunday and can then decide flexibly which dates you would like to attend that week.