



Fisioterapia Erni
Via Sergio
Mordasini 7
6500 Bellinzona



MAMMA IN FORMA

Postpartum gymnastics

6 lessons
CHF 180

During pregnancy and childbirth a woman's body changes and the pelvic floor becomes weaker.

The course is not only a nice time for mothers to meet each other, but also a great way to get to know and strengthen the pelvic floor and to regain balance and function in the muscles of the whole body.

For whom: for mothers who have given birth at least 6 weeks ago, both after natural childbirth or after Caesarean section

When: 6 one-hour meetings, time to be arranged

Date: start to be determined with participants

Instructors: Martina Erni, physiotherapist MSc PT OMT
Dragana Stojceva, physiotherapist BSc

Registration: fisio.erni@bluewin.ch or phone 091 826 45 65
max 6 participants