

Begin to Embody (6-10weeks)

Begin to embody is the first of our virtual health series covering everything you need to know to enhance your health during your pregnancy. It is held every Monday at 12md for women 6-10weeks in pregnancy.

Book online: <https://www.trybooking.com/BUZWZ>

Embody Your Changing Body (16-18weeks)

Embody your changing body is a virtual health series covering pelvic floor, bladder & bowel, exercise guidelines. It is held every Tuesday at 12md for women 16-18 weeks in pregnancy.

Book online: <https://www.trybooking.com/BUWPC>

Keep Embodying (26-28 weeks)

Keep Embodying is the 3rd class in a virtual health series covering continuation of pelvic floor exercise, common musculoskeletal pain and management; bowel maintenance and thinking about birth prep. Held every Wednesday at 12md this class is for women 26-28 weeks in pregnancy.

Book online: <https://www.trybooking.com/BUWPO>

Embody Your Birth Prep *Embody your birth prep (34-36 weeks)* is the next class in our virtual health series covering pelvic floor role in birth, exercise considerations, birth prep, bowel management and postnatal management. Held every Thursday at 12md this class is for women 34-36 weeks in pregnancy.

Book online: <https://www.trybooking.com/BUWQA>

Embody Postnatal

Embody Postnatal is a physiotherapy-led education course for women who have given birth, held over four sessions at 0-2 weeks (EMBODY after Birth), 6 weeks, (EMBODY to Exercise), 12 weeks (EMBODY to Wellbeing) and 6 months (EMBODY Lifelong). We cover:

- *Pelvic floor*: the changes it goes through during pregnancy and birthing, and how to re-gain function and control
- *Postnatal recovery* after both vaginal and Caesarean births
- *Bladder and bowel health*
- *Aches and pains* after giving birth, and what to do about them
- *Returning to exercise* safely and confidently
- *Having sex* after giving birth
- *Abdominal muscle separation*
- *Sleep and stress*
- *Preparing for subsequent pregnancies*

You'll also have an opportunity to raise any concerns you have in the class, and if indicated we can organise an appointment to see one of our women's health physiotherapists. Held at 11.30am on either a Monday, Tuesday, Wednesday or Thursday.

No booking is required to Embody Post-natal; Women are automatically booked into the Embody Post-natal program after having a baby at the Royal Hospital for Women.