

In person classes

Congratulations!

You have managed to reserve yourself one of only 6 places for the in person class!

Although the online classes are good, being able to have small details reinforced and checked on while you are doing the class can take it to a whole different level.

I will provide all you need for each class, so you won't need to bring anything with you, but don't forget you will need things at home for your at home practice.

The first day may run a little over as I run through logistics if we have any participants who haven't already been to the practice.

Hypopressives stretch you from the inside out. Sometimes that can get things moving in our tummies. Strange noises can be a part of the class. Please don't be embarrassed, as it really is a case of better out than in. If at any time you need to use the bathroom feel free to do so. Just join back in with the class when you return.

Although we aren't moving a lot you can get quite warm doing the exercises, so I advise layers when it comes to clothing choices.. of course we are coming into winter and the heating will only go on when I get there... so layer up! I recommend sports bra tops underneath for ladies, as you may find it easier to check what you are doing compared to myself or others if you can see tummies.

Attached is your workbook. It is there for you to mark YOUR starting point. You may also want to keep track of how many classes a week you fit in, and how you feel after the different classes.

Remember to be gentle with yourself, and don't expect perfection on your first try. These are new movement sequences for your body.. and it is going to take time to find the correct coordination.

The classes will start on time to enable everyone to get out and ready for their day. If you're running late just join in when you get there.

The in person classes have the benefit of being able to ask me questions after class, though of course if you have any questions when at home I am always only an email away.

I am looking forward to seeing you in person at 52 Douglas Street Milton on Tuesday the 20th at 6 am!

Best regards,
Alison

Online classes

Hello and welcome!

The beauty of the online class option is that there is no travel involved, you can do them in your jimjams, and if you can't make it live you can do them whenever they fit best in with your day. You are aiming to repeat each class 2-3 times a week.

Remember, because they get things moving in our tummies they are best done on an empty stomach.

Your zoom link and equipment requirements for each week's class will come to you on Tuesdays.

The recording I send out will be a recording of our live sessions. I will tell you before i start and when I stop the recordings. It is easier for the flow of the classes that you hold any questions until the end. If you are struggling with something in particular we can make a time to work through it together.

Hypopressives stretch you from the inside out. Sometimes that can get things moving in our tummies. Strange noises can be a part of the class. Please don't be embarrassed, as it really is a case of better out than in. If at any time you need to use the bathroom feel free to do so. Just join back in with the class when you return.

Although we aren't moving a lot, you can get quite warm doing the exercises, so I advise layers when it comes to clothing choices especially as we are coming into winter! I recommend sports bra tops underneath for ladies, as you may find it easier to check what you are doing compared to myself if you can see your tummy.

Attached is your workbook. It is there for you to mark YOUR starting point. You may also want to keep track of how many classes a week you fit in, the times you find that suit and how you feel after the different classes.

Remember to be gentle with yourself, and don't expect perfection on your first try. These are new movement sequences for your body.. and it is going to take time to find the correct coordination.

The classes will start on time to enable everyone to get on with their day. If you're running late just join in where we are.

If you have any questions that we don't get to after the class I am always only an email away.

Look for the email with the link to the class and equipment list in your inbox on Tuesday.

I am looking forward to seeing you zoom on Wednesday the 21st at 6 am!

Best regards,
Alison