

RECOVERY

AFTER BIRTH

Presented in conjunction with Urban Hatch, a midwifery service, and Flex Studio, this unique workshop will cover the following points:

- Optimal nutrition after birth to help healing and recovery
- Myths and truths of abdominal diastasis or 'The Gap'
- Babies' routines and how to establish one (including discussion on breast and bottle feeding)
- Teaching baby the difference between day and night
- Finding your rhythm as a new parent

This 2 hour workshop combines both lecture and key exercises for post-natal recovery.

Book now at info@flexhk.com

urban hatch
pregnancy + birth

LED BY SOFIE JACOBS OF URBAN HATCH AND FLEX STUDIO

ISLAND SOUTH TUES 27 SEPT 2-4PM

CENTRAL MON DEC 5 2.45-4.45PM