


Pilates for moms WITH LINDSEY JACKSON


“Take decisive steps to regain your strength, posture and figure—and love to be you-shaped. Whether 3 days, 3 months or 3 years post birth, you can make a difference to how you feel with this DVD. Whatever your goal, I’d like to motivate and support you so you are compelled to achieve it! This educational DVD, approved by physical therapists, is all you need. Simply believe it’s possible, commit to yourself and show your body some love!”

LINDSEY JACKSON


Artist	Pilates For Moms	
Title	Pilates For Moms	
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Retail	\$29.95	
Run Time	150 Minutes	
Box Lot	30	
Label	QUANTUM	
Audio	AC3	
Format	DVD	



3 programmes, demonstrated by 'real moms', offer all you'll need for years. Safe exercises for 0-6 weeks post birth; 2 further programmes progressively build up to more challenging moves. Multiple levels taught with careful and sensible modifications.



Learn about recovery from caesarean section plus pelvic floor and abdominal muscle re-education. The importance of how to lift and carry your baby safely is also explained by physical therapist Ann Johnson (ACPWH).



Amanda Latchmore, yoga teacher, guides you through 2 sections, both 'Breathing Techniques' and a 'Relaxation' to soothe, restore and inspire. Learn simple yoga methods to use in everyday life and balance your emotions.

*Full exercise
chart included –
print from
your PC*

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