



mothercraft™
ottawa

Postnatal Restoration Fitness Series

This 4 week postpartum fitness series will focus on how to safely transition back to post birth activity and explore topics such as diastasis, restoring function of the abdominal wall, breathing and posture alignment while guiding you through safe exercise for the postpartum body. Infants 8wks-5months are welcome to attend.

Please bring your own carrier and a water bottle, wear comfortable clothing and running shoes.

TIME~LOCATION~SCHEDULE

475 Evered Ave.

Click on the date to register.

Registration and full payment required before classes begin.

Fridays February 21-March 13
10:00am-10:45am

FEE
\$80/4 classes



For more information:
www.mothercraft.com
classes@mothercraft.com
613-728-1839

Mothercraft is a scent free and nut/peanut free facility