

THE
METHOD
NZ

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NZ PRESENTS



THE P3 METHOD

PREGANANCY, POST PARTUM & PELVIC FLOOR

Created by Katie Swift O'Connor

Edited by Phoebe Jeurissen
& Jane Strickland

What you need to know

The P₃ Method is a 6.5hr one day course designed to equip you with the basic knowledge of the physiological changes of pregnancy & postpartum as well as the key workings of the Pelvic Floor. Whether you are a fitness professional looking for an in depth knowledge on how to apply safe movement to your clients, or you are looking to deepen your own knowledge of how to move safely through this time, this course will give you the tools to progress forward. You will learn how to best take care of your pregnant, postpartum and pelvic floor compromised clients, with an enhanced knowledge of the function and role of the pelvic floor, and the pregnancy and postpartum phase of life.

Who we are:

Your facilitator Katie Swift O'Connor

REPs & CQF Qualified International Pilates, Barre and Fascia Movement Instructor, TRX trained, AISTD & AIDTA Dance Teacher. Barre programme developer. International Barre teacher trainer. 10+ years International teaching at top studios in London & Auckland. Extensive Pre and postnatal speciality and pelvic floor training alongside Pelvic Floor/Womens Health Physios. BPYB and Pelvic Floor safe registered practitioner. Ex-professional dancer. Katie is also Co-Director of The Balanced Mama Project, which provides industry leading courses for mamas in the postpartum phase of life and regularly creates courses, workshops and supports postpartum women. Katie is a preferred referral partner of Womens Health Physios Michella Gall, Renee Knowles, Becky Onyett and Hannah Orr. Katie also provides services to Franklin Well Women, who are a not for profit charitable organisation supporting Mums who are struggling with PND and more. Lover of mindful movement, Mum of two and (sometimes) master of the mum juggle.

Who you are:

Someone who has a passion for movement, fitness and people. You want to expand your skill set. You want to motivate people to move mindfully with The Method NZ. You may have a fitness background or you may not but you *are* dedicated to encouraging people to exercise positively. You want to inspire confidence in your clients and yourself!

What does the training look like?

The P3 Method workshop is a 7 hour, one day training. We will talk you through the program of Anatomy and Physiology, with an accompanying hardcopy manual to take home. We go through 'what' to teach, and 'how' to teach it. The training involves practicing and teaching, as well as peer to peer discussion on best practice for Pelvic Floor safety, Pregnancy and Postpartum. We aim to equip you so you feel confident implementing modifications and adjustments and catering to clients with specific needs in a class plan and group workouts. You will be workshopping and learning with the other course participants teaching exercises, learning what to expect from clients plus how to present modifications, advancements and adjustments to deliver **safe** and **effective** workouts.

Certification

Upon completion of the entire day, you will receive a hard copy and emailed PDF certificate of "*The Pregnancy, Postpartum & Pelvic Floor Method NZ*" certificate.

This will also qualify you for 4.5 REPs NZ CPD points.

What do I receive at the end?

You will be a certified *The Pregnancy, Postpartum and Pelvic Floor Method* Instructor.

How long and when is the training?

1 day (7 hours) - *Please choose from the following 2022 workshop dates:*

March 13th 2022 - Auckland

March 27th 2022 - Wellington

July 31st 2022 - Christchurch

October 30th - Auckland

How much does it cost?

\$395 NZD

What does the cost cover?

- Teacher training fee, space hire, manual and certificate print
- Manual with all the content from the day. Over 25 exercises broken down
- Basic Pilates Mat Exercises relevant to this course
- Pregnancy and Postpartum basic safety
- Pregnancy and Postpartum advanced conditions
- Basic / intermediate anatomy and physiology
- How and when to refer to a Women's Health or Pelvic Floor specialist
- Common and not so common conditions eg. Prolapse, Diastasis, avulsion of Levator Ani and options for safe movement with such conditions
- A supportive ongoing facebook community and access to our instructor Facebook page with extra content
- Screening Form

Why train with us?

- We're New Zealand owned and created
- You will be able to teach and support clients and empower yourself
- Over 13 years of practical teaching knowledge to share, including specifically Pregnancy, Postpartum & Pelvic Floor conditions
- Professional and experienced facilitators who believe in delivering world class training to our communities here in Aotearoa
- We want to encourage this depth of knowledge and passion for all demographics of our society to be able to exercise safely and efficiently
- Once qualified you will be entered onto our database of instructors for ongoing work, covers, peer to peer connection and business to instructor networks

If you have questions or would like to have a chat

- Email themethodnz@gmail.com
- Or sometimes it's nice to have a chat, we're happy for you to call us (during daylight hours):

Phoebe - 027 236 4944

Katie - 021 0838 6938

Jane - 027 217 8645

