

# Terms and Conditions for PostNatal Course

- All participants must have had the go ahead from their health professional to begin exercise again, this usually happens at the 6 week checkup for a vaginal delivery without any complications. If you have experienced a more complex birth, cesarean, or multiple deliveries we suggest waiting until at least 10 weeks post-partum, and also seeking advice and assistance from a womens health physiotherapist.
- These classes are not going to be ideal for every new Mum, in some cases we may suggest attending more individualised studio sessions to address individual needs.
- Pilates based movement is not a replacement for treatment with a qualified medical practitioner or allied health professional- if you are currently experiencing pain, poor pelvic floor function, prolapse or have an acute injury of some kind then we advise seeking help from a medical professional before beginning the course.
- If you experience pain during or after any of the classes it is your responsibility to let the instructor know, once aware we can modify the exercises to suit your body or advise on further action.
- Our studio has a strict policy on coming to class when sick; our instructors are often in contact with many bodies in one day and so we do not wish to spread things around amongst our community of clients. Please avoid coming to class if you are unwell, and if your little one is unwell it is best they do not mix with the other babies. As a rule of thumb if you're not absolutely certain that you are both well enough then please stay home and look after yourself.
- The course is designed to be a continuous 10 week course, you will feel the benefits best by attending classes weekly, however if you do have to miss a class on the course, let us know in advance & we will arrange for you to carry up to two classes over into the next term (pending availability.)
- Late cancellations (within the 24 hours before class) incur a loss of the class from the package- sadly no makeups are available as we don't have other classes with the same pricing structure.