

# Post Natal Pilates with Salmah

Wednesday

## Post Natal Pilates

Zen Yoga, Dubai Media City Studio

Wednesday 9.00am - 10.00am

After having a baby, mummies are consumed with overwhelming emotions, thoughts, baby duties, fatigue and as always, trying to find time for mommy. Improving your posture and strengthening the core muscles necessary for you to achieve your pre-pregnancy level of health and fitness is possible for every new mother with postnatal pilates.

Postnatal pilates focuses on strengthening and toning your weak muscles, increasing flexibility ,improving your posture for a healthy back and is a fantastic full body workout. Our main aim with the postnatal pilates class is to encourage core engagement and improve general muscle tone and overall abdominal strength.



### Salmah bio



It was through Salmah's instructor Kathy's patience & encouragement that she developed a passion for Pilates. She completed her Pilates Certification through Body Arts Science International (BASI) under one of the best instructors Ed Botha. It is Salmah's mission to touch everyone's life with pilates & bring positive change to their body & mind. Salmah teaches Pilates mat, prenatal & postnatal Pilates.