

## Lecture: Postpartum Recovery – Pelvic Floor, Core Strength and Returning to Exercise Safely

By specialist physiotherapist Shirin Zarur

Becoming a mother is an incredible journey – but it also brings major changes to your body. Many new mothers feel unsure about how to start exercising again, what is safe, and how to support their recovery in the best way.

In this lecture you will get both theory and practice, with concrete tools to help you rebuild safely and effectively. You will learn:

- **How to find and activate your pelvic floor** – the foundation for safe recovery.
- **How to reconnect with your core muscles the right way** – for stability and strength.
- **A detailed walkthrough of foundational exercises** – simple yet effective movements to get you started.
- **How to restore good posture** – to relieve stress on your back and neck in daily life.
- **Discussion of training options** – what is suitable to begin with, and what can wait.

This lecture provides knowledge, reassurance and inspiration so you can feel stronger, safer and more in balance during the important early months of motherhood.

Dates: 3/2 and 14/4

Time: 10.00

Sign up at: <https://forms.gle/96tYqowfuY1wRn5Q8>

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