**English**

**Moving during pregnancy :** strength – elasticity - respiration – dance for fun – mental training for birth and the time with a baby.

**Preparation for birth and becoming parents :** Information – respiration – mental training – pelvic floor preparation and exercising – 24h with a baby – changes of the woman after birth – meditation and relaxation

**Preparing for birth with acupuncture :** 3 – 4 weeks before due date you can start with this program. This will reduce pain and shorten the birth process, as the energy flow within the meridians is optimised. Moxa therapy is also possible for breech position.

**Postnatal course**: after giving birth, there are courses German / Englisch; prophylaxis of incontinence. Exercices for abdominals. Control of diastasis recti. Assistance for a better balance.

**Breastfeeding consultations :** during the whole phase of breastfeeding ; preparation for going back to work. Consultation and therapy for engorgement or beginning inflammation of the breast.

**Pelvic floor training for women without children, during menopause or before and after an operation:** Prophylaxis or therapy of incontinence; perception of the pelvic floor; re-education after an operation. Daily actions done with a correct pelvic floor use, for instance lifting things.