

Study Book

Pilates-based, Fascia-focused
Pre- & Postnatal Trainer



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EDUCATION OVERVIEW PRE- & POSTNATAL TRAINER

THE MYOFASCIAL CORE IN CONNECTION

Experiential anatomy, fascial connections and their influence on centering and the body's core are at the heart of this seminar. You develop a deeper understanding of the myofascial core as a functional and interconnected center in the interplay of breath, pelvic floor and movement throughout the whole body. Through multidimensional movement, coordination and balance explorations, as well as dynamic and yielding movement qualities, an integrated and functional movement approach begins to emerge. Experience the synergistic effect of breathing and sense how it influences posture, perception and overall well-being. This seminar is designed for anyone wishing to deepen their understanding of pelvic floor and core within a fascia connected and embodied context. At the same time, it marks the starting point of our fascia focused Pre & Postnatal Trainer education.

PRENATAL

During pregnancy and birth, the female body is continuously adapting. The pelvic floor, connective tissue and fascial structures respond to hormonal, mechanical and emotional changes. A consciously designed, Pilates based and fascia focused approach to movement can support this process and help build trust in the body. In this seminar, we explore the physical, hormonal and emotional changes during pregnancy and look at the involved structures in their functional relationship. Breath guidance and awareness play a central role and can deepen body perception while supporting the natural process of birth. This is combined with regenerative sequences and adapted Pilates & FAMO Fascia Movement approaches for each stage of pregnancy. You develop a versatile movement repertoire with differentiated modifications, allowing you to create coherent and supportive prenatal sessions. Movement in this phase can support adaptive processes, help ease discomfort and accompany preparation for birth.

POSTNATAL

The first months after birth mark a new phase of life. The body begins to reorganize, tissues recover and new demands arise in everyday life. Many women feel the desire to move again, reconnect with themselves and rediscover a sense of support and ease within their body. Accompanying women during this phase requires sensitivity, awareness and an understanding of individual processes. In this seminar, we explore the possible effects of birth on the body, common postnatal changes and different ways of supporting this phase through movement. Topics such as the early postpartum period, diastasis recti, pelvic floor awareness and the role of breath are placed into a functional and fascia connected context. A Pilates based and fascia focused approach can support the reorganization of strength, elasticity and coordination, helping the body gradually rediscover orientation, adaptability and embodied support. You develop a versatile movement repertoire with differentiated modifications, enabling you to create supportive and adaptable postnatal sessions.

PRE- & POSTNATAL FAMO FASCIA MOVEMENT

The female body and the fascial system in particular move through something truly remarkable during pregnancy and postnatal recovery. Fascia adapts, responds and reorganizes throughout this transformative time. Supporting and nourishing the fascial network can offer meaningful support throughout this phase.

This course focuses on selected FAMO Fascia Movement exercises, their embodied quality, their specific relevance and their meaningful application within prenatal and postnatal movement settings. You deepen your understanding of fascia focused movement and develop a versatile movement repertoire to support women during pregnancy and postnatal recovery with greater awareness, adaptability and connection.

Prerequisites for All Seminars:

Background in movement and bodywork as a therapist, midwife, movement teacher, sports teacher or trainer.

Additional Prerequisites for the Prenatal & Postnatal Seminars:

Completion of the Myofascial Core in Connection seminar or existing experience and knowledge of pelvic floor anatomy, function and movement repertoire, including fascia focused training approaches.

Prerequisites for Pre & Postnatal FAMO Fascia Movement

Background in movement and bodywork as a therapist, midwife, movement teacher, sports teacher or trainer.

Experience working with women during pregnancy and postnatal recovery as a Pre & Postnatal Trainer, coach or movement teacher.

PRACTICE & COACHING DAY

A dedicated day for **review, coaching, integration and open questions**. Time and space to revisit key content, deepen your understanding and refine your embodied teaching practice.

Prerequisite

Participation in the following seminars: **Myofascial Core, Prenatal, Postnatal, and Pre- & Postnatal FAMO Fascia Movement**.

FINAL EXAM – PRE- & POSTNATAL TRAINER

Theoretical and practical exam, including the presentation of **Case Studies**.

Prerequisites

Participation in the following seminars: **Myofascial Core, Prenatal, Postnatal, Pre- & Postnatal FAMO Fascia Movement**
Completion of **2 Case Studies, Submission of 8 Observation Protocols, 1 Mentor Feedback Exchange**

EDUCATION OVERVIEW PRE- & POSTNATAL TRAINER

All modules can be booked **individually** or as a **complete program**. The **total number of hours and completed modules** will be documented and listed on your **final certificate**.

| Contact Time | Training Days | Hours |
|-------------------------------------|---------------|-----------|
| The Myofascial Core in Connection | 1 | 6 |
| Prenatal & Self-Study Time | 1 | 6 |
| Postnatal | 1 | 6 |
| Pre-/Postnatal FAMO Fascia Movement | 2 | 14 |
| Practice & Coaching Day | 1 | 6 |
| Final Exam Pre- & Postnatal Trainer | 1 | 6 |
| Total Contact Time | 7 | 44 |

| Self-Study Time | Hours |
|---|------------|
| 8 observation protocols with written reflection | 24 |
| 2 Case Studies (individual or group): working with pregnant women, new mothers or postnatal recovery | approx. 60 |
| 1 Mentor Feedback Exchange | 2 |
| | |
| Self-study time: working through the detailed script, completing assignments and receiving individual feedback & coaching for Prenatal / Postnatal / Pre- & Postnatal FAMO Fascia | approx. 40 |
| Total Self-Study Time | 126 |
| Total Education Pre- & Postnatal Trainer Certificate | 170 |

DOCUMENTATION OF CONTACT HOURS & SELF-STUDY TIME

Contact Hours

| Seminar | Hours | Date of Seminar |
|---------------------------------------|-------|-----------------|
| The Myofascial Core in Connection | | |
| Prenatal | | |
| Postnatal | | |
| Pre- & Postnatal FAMO Fascia Movement | | |
| Practice & Coaching Day | | |
| Final Exam | | |

Self-Study & Practice

| Self-Study Time | Hours | Date |
|---------------------------------------|-------|------|
| Mentor Feedback Exchange | | |
| The Myofascial Core in Connection | | |
| Prenatal | | |
| Postnatal | | |
| Pre- & Postnatal FAMO Fascia Movement | | |
| Practice & Coaching Day | | |
| Final Exam | | |

Eight Observation Protocols

Ideally, your reports are based on **both prenatal and postnatal sessions**. You may complete these observations with a **trainer, midwife, or doula**. The observed session may be based on Yoga, Pilates or another movement approach.

| Session | Topic | Date | Trainer / Teacher | Profession / Role |
|---------|-------|------|-------------------|-------------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |

Write down the name and profession of the trainer, midwife, or doula who led the session. Collect all your observation reports and **add them to your Study Book**.

In your report, please describe the following points in detail:

- > Group or 1:1 setting
- > Number of participants
- > Prenatal or postnatal context
- > Structure and overall flow of the session
- > Methodology & didactics including adaptations and regressions
- > How the trainer supported individual needs as well as the group as a whole
- > If applicable: Was the trainer able to respond to the different phases of pregnancy or postpartum recovery? *How?*
- > Group dynamics
- > Anything else you noticed
- > What you particularly liked and what felt less supportive
- > Quality and potential of the language used
- > Any additional personal comments and observations

You are completely free in how you design and structure your reports or you may use the provided template. The only request: **please submit them in digital form, not on paper**.

Two Case Studies

You will develop two Case Studies, either in a personal training setting (1:1) or within a group setting. Your Case Studies should relate to Pregnancy (Prenatal) and/or Postnatal Recovery (Postnatal). Each Case Study may include a single session or a series of training sessions.

Case Study – Personal Training (1:1)

Please reflect on and describe the following aspects:

- > Initial situation of your client, including relevant background information, symptoms, complaints and, if appropriate, observations regarding posture and movement.
- > Main wishes and goals of your client in relation to the training, as well as your own intentions and goals as a trainer.
- > Number of training sessions you designed and conducted.
- > Learning goals for each session: for yourself as a trainer and for your client, for example body awareness, perception, confidence, breath and movement connection or functional support.
- > Home practice or self care suggestions: Did you invite your client to integrate supportive practices into daily life? If yes, which ones and why? If not, explain your reasoning.
- > Expected and observed developments: What changes or adaptations did you anticipate through your approach? How did the process unfold? How were the sessions experienced by your client? Were the impulses integrated into daily life?
- > Conclusion and reflection at the end of the sessions.
- > Additional reflections: What felt supportive and effective? What felt more challenging or less clear?
- > Personal learning: What did you learn from this Case Study, personally and professionally? How might this experience support your future work?

Case Study – Group Training

Please reflect on and describe the following aspects:

- > Composition of your group:
If applicable, describe how you gathered information about your participants, for example through an intake questionnaire. Include relevant symptoms, complaints or observations regarding posture and movement.
- > Main wishes and goals of the participants in relation to the training, as well as your own intentions and goals as a trainer.
- > Number of training sessions you designed and conducted.
- > Learning goals for each session:
for yourself as a trainer and for the participants or group.
- > Home practice or self care suggestions:
Did you offer supportive practices for daily life? If yes, which ones and why? If not, explain your reasoning.

- > Expected and observed developments:
What changes or adaptations did you anticipate through your approach? Did the process unfold as expected? How were the sessions experienced by the participants? Were the impulses integrated into daily life?
- > Conclusion and reflection at the end of the sessions.
- > Additional reflections:
What felt supportive and effective? What felt more challenging or less clear?
- > Personal learning:
What did you learn from your Case Studies and how may this experience influence your future work?

At the exam, you will present your two Case Studies. The format is yours to choose (e.g. PowerPoint presentation, poster, live demonstration, etc.).

Presentation at the Final Exam

During the final exam, you will present your two Case Studies. The format of the presentation is your choice, for example:

- > PowerPoint presentation
- > Poster
- > Practical demonstration
- > Discussion Based Presentation

Choose a format that supports your learning process and allows you to present your experience in a clear and meaningful way.

Document the time spent on your two Case Studies (approx. 60 hours)

Please also describe how many hours you spent on each area of work

Topic of Case Study 1

| Hours | Areas of Focus |
|-------|----------------|
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Topic of Case Study 2

| Hours | Areas of Focus |
|-------|----------------|
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