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Prenatal classes for expecting mothers preparing them physically and mentally for the birth.

- Instruction:** Example of the connection between the feet and the pelvis: Sense how the feet, legs and pelvis feel before the exercise. Use the soft ball to massage one of the feet. Put away the ball and compare the sensation of the foot, legs and pelvis on the left and right side and express what you experience. There might be a time rhythm intro, warm-up, training and relaxation.
- Material:** Soft rubber balls in various sizes
- Keywords:** Balance, strength, body awareness, core stability, changes of center of gravity, mobilisation, fitness, relaxation, individual dosage, emotions, safe social environment, dialogue about the pregnancy, birth and motherhood
- References:** Rasmussen (2016): Fødselsmod - brug din krop som hjælper. Mindful Moving
Pedersen (2012): Graviditet & Motion: Nyt nordisk forlag
Akasha (2018): Bækkenbund i topform. Frydenlund
Hern (2004): Fødsel og smerte. Gyldendal