





		Title	What is Included
1		Introduction	<ul style="list-style-type: none"> ● Webinar on the benefits/risks and current guidelines for exercising in pregnancy ● Additional resources including links to all recent guidelines for exercising in pregnancy
2		Exercises	<ul style="list-style-type: none"> ● Access to our "Complete pregnancy programme" 11 class videos & over 250 exercises . ● Webinar on How to structure & design classes. ● Training & demonstration videos for the exercises. ● How to teach pelvic floor exercises in pregnancy.
3		Special Populations	<ul style="list-style-type: none"> ● Webinar on Advice and resources for common pregnancy-related conditions ● Webinar on Pelvic floor during pregnancy ● Webinar on Pelvic pain in pregnancy - current evidence & management ● Plus additional resources
4		Birth Preparation	<ul style="list-style-type: none"> ● Webinar on Birth and labour preparation ● Webinar on Transition to Motherhood - how to support ● Additional resources

