



Pelvic floor



- Prenatal Pilates build and strengthen the core muscles to help you carry the extra weight. It strengthens your [pelvic floor](#) for easy birthing and recovery afterwards.
- Post Natal Pilates focuses on making the abdominal wall firm and reducing the pregnancy tummy. It helps you improve the posture and build overall strength and prevent issues like back aches or postpartum issues. It is the best self-care you can do after becoming a mom