

6-wk AB REHAB Workshop

Learn the Secret to Losing Your Mummy Tummy

with Heidi Moon

6-Class Series

Wed. 6 – 6:50p

3/24 – 5/5 (no class 4/21)

\$149 /\$135 if register by 3/16



Calling all moms, no matter when you had your baby - whether 6 weeks ago or 20 years ago! – are you still struggling with the post-baby pooch? Wondering why no matter what you do it does not go away? Learn the secret to banishing the post-baby pooch with this proprietary exercise series supported by research from Columbia University Department of Physical Therapy, recommended by over 350 OB/GYNs and heralded by thousands of moms who have experienced real results in six weeks.

This 6-week workshop provides a brief education on the root cause of the postpartum “mummy tummy” and provides an evidenced-based solution - the Ab Rehab Program – a series of ground-breaking simple abdominal exercises, proven to decrease diastasis, strengthen the core, help regain flat abs and a strong back.

A functional full-body workout is included in each class to teach participants how to properly integrate core strengthening into their daily activities, other workouts and the hard work of motherhood. All participants receive an Ab Rehab guidebook (\$19 value) for the Diastasis Rx and Core Series A exercises, including daily tracking guide and a dynaband.

Pregnant Women and Non-mobile Infants Welcome!!!

Heidi Moon is the President and Founder of spabébé, a healthy lifestyle destination for pregnant women and new moms. She now runs her programs through partner facilities in New York, Boston and Minneapolis. Heidi has over 14 years experience in the fitness and wellness industries, as a prenatal/postpartum fitness trainer, group fitness instructor, spa director, industry expert and wellness center owner. She has an MBA from Columbia Business School and a BA in Economics from St. Olaf College. Heidi is a frequent speaker and panelist at fitness and spa industry conferences. Heidi is also a product of her own prenatal and postpartum fitness programs, successfully treating her own diastasis during pregnancy working with the spabébé staff through the pregnancies of two sons, Jackson and Holden. For more - www.spa-bebe.com

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Register by filling out this form (please print) or email info@ldyoga.com with registration details.

Name: _____ Email: _____

Address: _____ City, State, Zip _____ Phone: _____

Ab Rehab w/ Heidi Moon; Cost: \$149 _____ \$135 if pay by 3/16 _____

FORM OF PAYMENT: CASH _____ CREDIT CARD _____ CHECK _____ (payable to Laughing Dog Yoga)

Credit Card #(Visa, Mastercard) _____ Exp. Date _____ CVV _____

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