

MOVING COMFORTABLY THROUGH PREGNANCY:

Body Awareness Training for Ease and Efficiency

People assume that pregnancy means that you have to waddle and endure back pain. It goes without saying that you will feel awkward and unbalanced. However, people hold those beliefs simply because they have never experienced that pregnant women can move in efficient, comfortable and graceful ways throughout their pregnancy.

Through body/movement awareness training, you can avoid the physical awkwardness, back strain and movement discomfort of pregnancy. There are simple, practical methods by which you can maintain a relaxed, balanced, stable and mobile way of moving even as your body changes throughout your pregnancy.

In workshops or private lessons, you (and your partner) will have the opportunity to work with exercises from Being In Movement® mind-body training and learn how to:

- Create a restful state of deep relaxation
- Function in a relaxed way even during stress or physical pain
- Align your pelvis and spinal column for structural balance
- Sit comfortably and lie down comfortably
- Stand and walk efficiently and gracefully
- Lift, push and pull in safe ways
- Adjust your posture to comfortably support the increasing weight of your growing baby
- Perform specific activities such as driving, working at a computer, vacuuming floors, lifting children or gardening in safe, efficient and comfortable ways
- Regain balanced posture after childbirth

Please note: This instruction is not an exercise class and is not at all strenuous. In addition, it is not a childbirthing class.

FOR MORE INFORMATION

(614) 262-3355 or 263-1111.

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www.being-in-movement.com

PAUL LINDEN, Ph.D.

is a specialist in body awareness education, the developer of Being In Movement® mindbody training, and co-founder of the Columbus Center for



Movement Studies. He holds a Ph.D. in Physical Education, a sixth degree black belt in Aikido and a first degree black belt in Karate, and he is an instructor of the Feldenkrais Method® of somatic education. He has extensive experience teaching people such as musicians, athletes, computer users, pregnant women, adult survivors of child abuse, and children with attention disorders. He is the author of a number of books, among which are:

- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*
- *Teaching Children Embodied Peacemaking*
- *Comfort at Your Computer: Body Awareness Training for Pain-Free Computer Use*

SCHEDULING PRIVATE SESSIONS

Private sessions are scheduled by appointment.

Payment is by cash or check at the time of the lesson, on a sliding scale from \$65 to \$85 per 50 minute session.

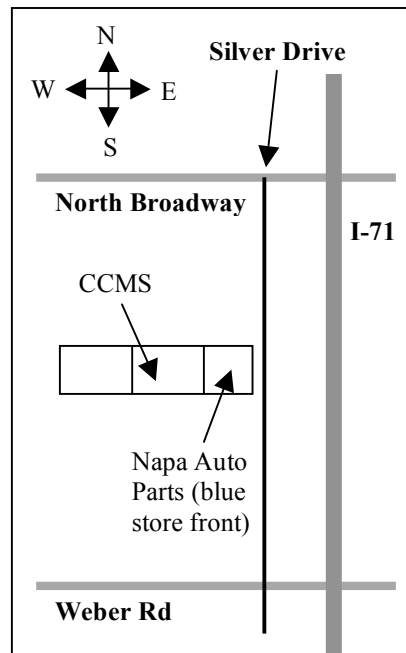
PRESENTATIONS FOR GROUPS

Workshops, talks, or classes can be custom designed for groups.

LOCATION

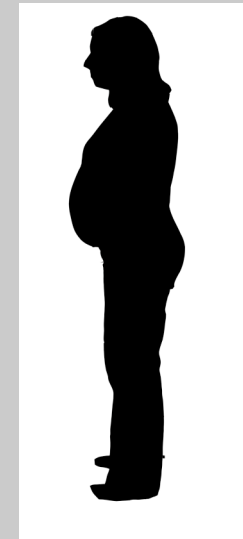
Columbus Center for
Movement Studies
3003 Silver Drive,
Columbus, OH 43224

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In Clintonville, by I-71 and North Broadway. On Silver Drive, which runs along the west side of I-71. In the same building as NAPA Auto Parts.

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