

# Pregnant Pauses®

Movement for Moms

with Alan Questel



*A scientifically proven exercise program that alleviates your pregnancy pain, increases your energy and helps you have a healthier overall pregnancy!  
Easy for all women throughout their entire pregnancy!*



- Alleviate pregnancy pain
- Increase your energy
- Move easier
- Sleep better
- Breathe deeper
- New & more effective way to do Kegel exercises

Pregnant Pauses is an exercise program specifically designed to change the way women experience pregnancy. Utilizing the latest research in movement, Pregnant Pauses alleviates pain and discomfort while increasing energy to ultimately provide an overall healthier pregnancy.

Pregnant Pauses improves your quality of life while helping you adjust to the changes occurring through each stage of your pregnancy. By doing small, gentle movements for only 20-40 minutes a day you will be amazed at how easily you'll be able to do everyday tasks such as rolling over in bed, getting up or down; sleeping, breathing and moving more freely...even learning how to do Kegel exercises in an easier, more efficient way.

The Pregnant Pauses DVD set has over seven hours of proven instruction compiled into six different "Pauses" each aimed to teach simple movement methods, explained step by step, so you will gain the maximum benefit. In addition there are short talks to help you understand the thinking and theory behind each "Pause."

*Easier than Yoga, more fun than Pilates, you'll be guided to a new understanding of how your body works and how you can move!*

6 DVD Set

Group and Individual Instruction  
Q & A / Plus Extras

Total Length: 6 hr 55 min \$85.00

Pregnant Pauses is a direct application of the Feldenkrais Method® of Somatic Education.

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