



# Postpartum Pelvic Floor Recovery - ONLINE

KURS / WORKSHOP, VERANSTALTUNG, GRUPPENANGEBOT, ONLINE ANGEBOT

You're looking for a postpartum class in English – and want to feel strong and supported in your recovery?

Then our **Postpartum Pelvic Floor Recovery** class is just what you need!

Live – Online – In English

(This class is held completely in english so your pelvic floor recovery does not become the weirdest german class you have ever taken)

## What to expect:

This class is designed for **English-speaking mothers** from **4 weeks postpartum** who want to:

- rebuild strength in the **pelvic floor, abdominal and back muscles**
- understand the **basic anatomy** and what's happened during pregnancy
- learn practical tools to safely return to an active everyday life

## Your advantages with our online format:

- Low time commitment – roll out your mat, open your laptop, and go
- Your baby can stay with you – no need for childcare
- If your baby cries – just mute your mic, stay in the class
- Join from anywhere – even while traveling or visiting family
- Feeling a little under the weather? No problem – join safely from home

The class takes place **live**, so you can ask questions anytime, and I can guide and correct you directly.

As the course is in the evening, ideally you'll have a quiet moment to focus – but I'll also include a few gentle exercises with your baby, if needed.

## When to join:

Earliest start: 4 weeks after birth

Later start is possible anytime.

Please note: Statutory health insurance covers the course only up to 9 months after birth.

After that, participation is possible as a self-payer.

Questions? Reach out any time:

[mail@hebammenkurse-koeln.de](mailto:mail@hebammenkurse-koeln.de)

## Was?

### ART DES ANGEBOTS

Kurs / Workshop, Veranstaltung, Gruppenangebot,  
Online Angebot

### MEHRSPRACHIGKEIT

Deutsch und zusätzlich:  
Englisch

### LINK ZUM ANGEBOT

[Weiter zum Angebot](#)

### ALTER DES KINDES

0 bis 1 Jahre

## Wann & Wo?

ADRESSE

Hebammenkurse Köln

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## Anmeldung

ANMELDUNG ERFORDERLICH

Ja

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KOSTEN DES ANGEBOTS

Kostenloses Angebot

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LINK ZUR ANMELDUNG

[Weiter zur Anmeldung](#)

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## Durchführende Organisation

ADRESSE

**Hebammenkurse Köln**

Gustavstraße 4 50937 Köln

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EMAIL

[mail@hebammenkurse-koeln.de](mailto:mail@hebammenkurse-koeln.de)

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LINK ANBIETER

[Weiter zur Homepage des Anbieters](#)

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ALLE ANGEBOTE DIESES ANBIETERS

[Andere Angebote dieses Anbieters](#)

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## Träger des Anbieters

ART DES TRÄGERS

Freier Träger (privat-gewerblich)

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