



# PELVIC FLOOR EXERCISES

IN ENGLISH | FOR PREGNANCY, POSTPARTAL & EVERY OTHER AGE

## Dates

27.01.2026 03.00 - 04.00pm

10.02.2026 03.00 - 04.00pm

24.02.2026 03.00 - 04.00pm

10.03.2026 03.00 - 04.00pm

24.03.2026 03.00 - 04.00pm

[more dates for the rest of the year will follow,  
usually 2x/month]

## Practical information:

Participation is voluntary and you can still register if you can't attend all appointments or would like to join later.

You can come alone or with your baby. In case you come with your baby, ideally, (breast)feed your baby beforehand, but of course you can always take a break from the exercises and (breast)feed or change your child's diaper if you need.

We have yoga mats, pillows and water on site. If you need something specific, feel free to bring your own drinks, snacks, mat or pillows.

Before and after the course there will always be the opportunity to chat privately with other parents.

## Maria Schneider

Midwife & consultant team migration

✉ schneider@fpz-berlin.de

## Registration

over the platform

eveeno necessary:



*You can find also  
more information  
on the [eveeno page!](#)*

