

# MAMA'S GOT MOVES



**A DANCE CLASS FOR 'BABY WEARING'  
MAMAS AND PAPAS**

**Grooving, Dancing, Training & Connecting,  
to the Sound of Pop Music and more!**



We speak: EN, DE, IT, FR

# A DANCE CLASS FOR 'BABY WEARING' MAMAS & PAPAS



The choreography and movements were developed taking into account the physiology and handling of infants.



The selected movements correspond to and take into account the developmental stage of the participating babies.



Good, strong head control is required. The baby's head must be well supported at all times.



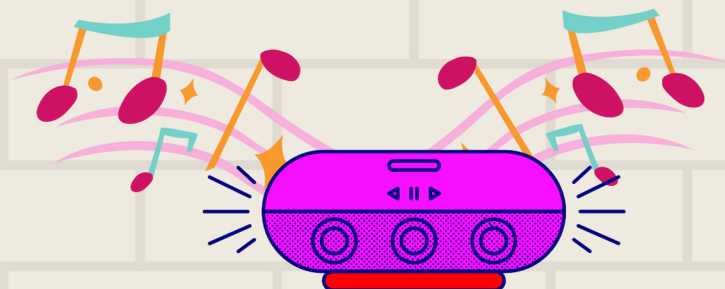
The baby is protected from overheating or too vigorous or harmful movements.



We avoid bouncing, jumping, shaking or twisting movements or sudden movements that shake the baby's neck or could cause it to fall backwards without support.



We support the baby's head with one hand when leaning forward or or to the side.



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The process of learning or focusing on the dance and movements are important, but always secondary to the attention and care of the baby and its position.



Parents are regularly reminded to control their baby's breathing and to remain alert and vigilant.



The mother's suitability for certain exercises must be determined at the postnatal check-up and the instructor will ask each mom personally, to confirm that this the case.



Any other factors that may extend the mother's recovery time after the birth must be communicated to the instructor prior to enrolling in the class so that the instructor can plan the class accordingly.





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Checklist for the safe use of the baby sling:

It would be best if you have experience in using your chosen carrier to feel more comfortable during the class while holding the baby.



If you are a beginner in the use of the carrier, you are still welcome, but we ask you to arrive 15 to 20 minutes before the class starts so that we have enough time to advise you on the safe use of the carrier. The teacher will also supervise all beginners throughout the lesson.



The teacher will lead the class and monitor each participant without turning their back to the participants and focusing only on the movements/choreography.





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To facilitate this attention, we offer our classes for a maximum of 10 parents and 10 babies at a time.



For workshops with more than 10 participants, there will be a second person trained to monitor less experienced carrier users throughout the class and ensure that babies remain in a safe position in the carrier and cannot fall or slip into a position that compromises their airway.



The class focuses on the fitness, recovery and enjoyment of mother's dancing, and it creates for mamas as well as papas bonding through movement.



# A DANCE CLASS FOR 'BABY WEARING' MAMAS & PAPAS



The courses are offered in various studios in Düsseldorf.



Call us to find out where and when the next courses will take place.



Each block comprises 8 teaching units.

A trial run is always possible until the total number of 10 "carrying" parents/adults has been reached.



If you are unable to attend a session, we will be happy to put you on our waiting list for the next block!

60" lesson duration

Prices:

First time: 10,- Euro

Once (only from time to time): 19,- Euro

4th card: 68,- Euro

(17,- Euro per unit)

8th card: 120,- Euro

(15,- Euro per unit)

