

DTP[®], Inc.

Total Pregnancy Fitness/DTP Practicum - October 11, 2009
300 George Street, 1st floor, New Haven, free parking across the street

Schedule for the Day

9:00 a.m. - 4 p.m.

- 9:00 - 9:15 Welcome & Introductions
- Bring your coffee, yogurt or ???
 We'll meet each other and review the day's events
- 9:15 - 9:45 Research Update & Understanding Total Pregnancy Fitness/DTP
- New evidence in the field - what's effective, what's not
 Learning to optimize the client's time
- 9:45 - 10:00 Break
- 10:00 - 11:30 Mind/Body - Neutral Posture, Breathing, Centering
- Centering before moving - why do some postures work?
 Seated
 Standing
 Relaxation
- Bring examples of...
- poses/positions from yoga, dance, pilates, etc.
 - breathing techniques
 - mental focus/imagery
- ...that you use to accomplish centering when seated and standing
- 11:30 - 11:45 Q & A
- 11:45 - 12:45 Lunch Break -
- There are yummy deli-s & restaurants close by
 or bring your lunch
- 12:45 - 1:45 Cardio - The biggest bang for your buck
- Exercise research tells us this is where the results are
 2 Options:
- Dance-based (DTP)
 - Aerobics-based (TPF)
- Be prepared to be creative!!
- 1:45 - 2:00 Break
- 2:00 - 3:30 Strength & Flexibility
- Kegels, Abs, Squats
 What else works - bring examples of exercises you use that clients tell
 you are helpful in birth or with a newborn
- 3:30 - 4:00 Q & A, Certificates, Closing