



Lose Your Mummy Tummy/Say Goodbye to Your Gut Guys® Workshop

Held at 922 Murdock, American Fork, UT

DAY 1: Saturday, January 27, 2024

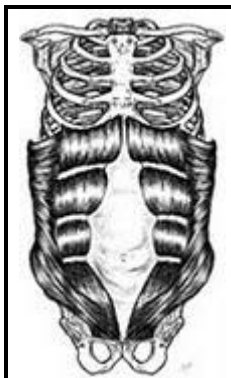
9:00 AM – 11:30 AM

DAY 2: Saturday, February 17, 2024

9:00 AM – 10:45 AM

FINAL DAY: Saturday, March 2, 2024

9:00 AM – 10:45 AM



ABOUT THE WORKSHOPS

- This program is 4 weeks in length: 6 hours of instruction broken up into 3 sessions
- Learn what a diastasis is and how it creates the “Mummy Tummy”
- You will be given a strategy to meet individual abdominal needs, based on your diastasis
- Weekly check-ins, updates, and motivation from your instructor
- Unlimited access to your instructor via email, phone, text, and skype

LEARN THE FOLLOWING:

- Basic anatomy of the abdominals – how they are effected by a diastasis recti
- How to:
 1. Close the diastasis, flatten the belly, heal connective tissue, reverse hernias, rectify belly button issues and shrink the waistline
 2. Splint the abdominals to approximate the two halves of the recti together- free splint fitting
 3. Perform B.A.K.S. exercises properly – the Tupler Technique® foundation
 4. Get up and down correctly; learn what movements to do and NOT to do
 5. Each person will be measured for a diastasis and waist in 3 different areas, connective tissue evaluation, hernia evaluation, before and pics, and a personalized assessment for fastest results, and a follow up measurements, evaluations, and pics at the last class to check progress.

Before

After

Email bonniewayne1177@hotmail.com or go to www.beautifulafterthebelly.com

•Advanced registration is required. No day of admission. COST: \$175 for entire 4 week long workshop (in 3 classes).

To Register: contact Bonnie Wayne: 217-719-9210, bonniewayne1177@hotmail.com . Please email me if you cant make one of the dates.

ABOUT *LOSE YOUR MUMMY TUMMY*®: *THE TUPLER TECHNIQUE*®

Whether you had a baby 3 days or 30 years ago, learn to get your pre-pregnancy midsection back! During pregnancy, your stomach muscles split, which is called a *diastasis*. These split muscles DO NOT come back together on their own.

A diastasis is what causes the not flat, slightly protruding, not-quite-right look of your tummy, a thicker waistline, back problems, and even belly button issues! Learn how to fuse these muscles back together (or keep splitting to a minimum during pregnancy), tone specific abdominal, postural, and glute muscles, correct your posture, and shrink your waistline. Specifically, and uniquely designed abdominal workouts combined with upper and lower body sculpting exercises will be incorporated. Great for Pregnant women as well as Pre & Postnatal women.

ABOUT *SAY GOODBYE TO YOUR GUT, GUYS*®: *THE TUPLER TECHNIQUE*®

Notice a protusion in the belly that wasn't there before? Many exercises can actually cause a diastasis, including crunches, weight-lifting improperly, lengthening muscles through bad posture, and various movement. A diastasis is what causes the not flat, slightly protruding, not-quite-right look of your tummy, a thicker waistline, back problems, and even belly button issues! Learn how to bring these muscles back together, tone specific abdominal, postural, and glute muscles, correct your posture, and chisel your abs and waistline.

Want to see for yourself? Go to www.diastasisrehab.com and click on the before and after pictures!



Bonnie Wayne: N.A.S.M. Prenatal/Postnatal CPT, WFS, BFS, HFS Licensed Tupler Technique® Provider, Diastasis & Ab Re-PAIR

Bonnie Wayne is an N.A.S.M. certified Behavior Fitness BFS, Women's Fitness and Prenatal/Postnatal WFS, , and Holistic HFS specializing CPT. One of only two licensed Tupler Technique® providers in the Intermountain region, Bonnie has been teaching and practicing the Tupler Technique® for 18 years to help pregnant clients strengthen and prepare for pushing and labor, postpartum clients (no matter how long its been since they had kids) restore or even improve their prepregnancy midsection, as well as men and children to help close their diastasis, reverse hernias, fix belly button issues, and restore their pre-pregnancy midsection. She has seen amazing results and is impassioned to help others literally put themselves back together. She personally has used the Tupler Technique® during and after her 2nd, 3rd, 4th, 5th and 6th pregnancies. The program helped her close her diastasis and to return to her pre-pregnancy 25.5 inch waist. She also has extensive nutritional background, and has done nutritional counseling for 19 years. She and her husband live in Fairview with their 6 children.

bonniewayne1177@hotmail.com || www.beautifulafterthebelly.com

Testimonials

I wanted to reiterate how glad I am to have found you and your class. In just a week's time, I feel an improvement in my posture, my back pain, etc. Its been wonderful. I feel like the splint is really helping too, as it gives me support and also keeps me very conscious of how I am holding my stomach muscles, so reminding me to keep myself holding my transverse properly throughout the day. I would recommend this to anyone! Susan, Geneva, IL