

Lose Your Mummy Tummy Workshop

Held at **TBD**

DAY 1: Saturday, April 15 2023

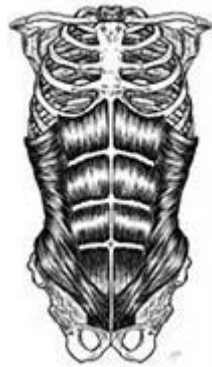
9:00 AM – 11:30 AM

DAY 2: Saturday, April 22 2023

9:00 AM – 10:45 AM

FINAL DAY: Saturday, May 13 2023

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” and how to close it!
- You will be given a strategy to meet individual abdominal needs, based on your diastasis
- Weekly check-ins, updates, and motivation from your instructor

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 and shrink the waistline, reverse back pain, and aid with digestion
 2. Splint the abdominals to approximate the two halves of the recti together- free splint fitting
 3. Perform the Tupler Technique® exercises correctly to close the gap, strengthen pelvic floor & abs
 4. Get up and down correctly; learn what movements to do and NOT to do
- Each person will be measured for a diastasis and waist in 3 different areas, connective tissue evaluation, hernia evaluation, belly button eval, before pics, and a personalized assessment for fastest results, and a follow up measurements, evaluations, and after pics at the last class to check progress.

Before

After

•Advanced registration is required. No day of admission. **COST: \$175**

for entire 4 week span workshop (in 3 classes).
719-9210, bonniewayne1177@hotmail.com

To Register: contact Bonnie Wayne: text 217-

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, hernias, 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.

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



Bonnie Wayne: Diastasis & Ab Repair

Licensed Tupler Technique® Provider, N.A.S.M. Prenatal/Postnatal CPT, WFS

Bonnie Wayne is an N.A.S.M. certified Prenatal/Postnatal Personal Trainer, Women's Fitness Specialist, a group fitness instructor and was one of only two licensed Tupler Technique® providers in the entire Midwest region, including Chicago for 16 years. She worked with people all over Illinois, Wisconsin, Indiana, Missouri, and Michigan. She now recently lives in Utah. Bonnie has been teaching and practicing the Tupler Technique® in all for over 17 years to help postpartum clients (no matter how long its been since they had kids) to help close their diastasis and restore their pre-pregnancy midsection and pregnant clients strengthen and prepare for pushing and labor. She has seen amazing results and is impassioned to help other women literally put themselves back together after pregnancy and restore their prepregnancy midsection, as well as help women reverse hernias naturally. 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, and reverse 2 hernias - one during pregnancy (world's first documented case) and one postpartum. She also has extensive nutritional background, and has done nutritional counseling for 18 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