

# WEEK 3

RECONNECT. RESTORE. REVIVE

WITH OSTEOPATH

# LAURA

Laura is a qualified osteopath, with a special interest in women's health & postnatal well-being.

With experience both professionally & as a parent, Laura brings a calm, body-aware approach to navigating life after birth, however that looked for you.

Laura understands that women's bodies often hold complex stories of life, childbirth, surgery & other experiences that are often ignored especially when putting baby first means your needs get pushed away for 'another day'.

Advocating for women's health, her appreciation that these needs are unique & deserve special attention is at the forefront of Laura's practice & passion in what she does.

Her approach combines gentle, effective osteopathic techniques which you will discover more about in this third week of the Postnatal Pod.

So if you ever wondered what osteopathy is & how it could support you or your baby during your fourth trimester to feel reconnected with your body's natural healing abilities & a renewed confidence to trust in yourself & instincts as a mother ~ this session will do just that.



LAURA TURNER  
OSTEOPATH

## CONTACT LAURA



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## BENEFITS OF THIS SESSION:

- What is osteopathy?
- How can it support you?
- Postpartum & c-section recovery
- The Mummy MOT, what's involved
- Osteopathy for babies ~ what does it involve & benefits
- When to seek support, when not to worry
- Gentle body cues to tune into
- Stress-related tension
- Postural aches & strains
- Q&A ~ ask anything