Pregnant Pauses
Movement for Moms

with Alan Questel

A scientifically proven exercise program that alleviates your pregnancy pain, increases your energy and helps you have a healthier overall pregnancy! Easy for all women throughout their entire pregnancy!
**What is “Pregnant Pauses”**

Pregnant Pauses is an exercise program specifically designed to change the way women experience pregnancy. Utilizing the latest research in movement, Pregnant Pauses alleviates pain and discomfort while increasing energy to ultimately provide an overall healthier pregnancy.

Pregnant Pauses improves your quality of life while helping you adjust to the changes occurring through each stage of your pregnancy. By doing small, gentle movements for only 20-40 minutes a day you will be amazed at how easily you’ll be able to do everyday tasks such as rolling over in bed, getting up or down; sleeping, breathing and moving more freely...even learning how to do Kegel exercises in an easier, more efficient way.

The Pregnant Pauses DVD set has over seven hours of proven instruction compiled into six different “Pauses” each aimed to teach simple movement methods, explained step by step, so you will gain the maximum benefit. In addition there are short talks to help you understand the thinking and theory behind each “Pause.”

Easier than Yoga, more fun than Pilates, you’ll be guided to a new understanding of how your body works and how you can move.

**How to use this DVD set.**

In this program each Pregnant Pause is presented in 2 sections. You can do the whole pause in its entirety, which is a great place to start and what you’ll end up using most of the time. Or you can view each Pregnant Pause broken down into its details to give you a clearer sense of how to do them.

You can also listen to the mothers talking about their experiences as well as some short talks on some of the ideas that can help support and clarify what you are doing.

All in all you’re in for a novel, informative and easy means to move more easily throughout your pregnancy and beyond.

**How to approach each Pregnant Pause**

Each Pregnant Pause is meant to be done with ease and pleasure. Your own sense of comfort should be your guide in how you do the movements. The quality of how you move is more important than the quantity. Rest as frequently as you would like or need to and resume the movements when you are ready. Each repetition is a chance to sense more of yourself in the movement.

It is recommended that you do the “Pauses” in the order they were taught until you are more familiar with them. It is important that you stay in your own range of ease and comfort. If you experience any difficulties, do less, go slower and/or imagine the movements.

**IF YOU ARE FAR AWAY FROM A SMILE YOU ARE WORKING TOO HARD. HAVE FUN AND ENJOY YOURSELF.**

Pregnant Pauses is a direct application of the FELDENKRAIS METHOD® of Somatic Education.

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**Frequently Asked Questions**

**Is it for me?**
Yes! It’s for you and not only during your pregnancy! You can do it alone or with your friends. You can even use it after you give birth and discover how it can help you both in your work and play. Invite your partner to participate as well and together you can learn a greater sense of ease in everything you do.

**Can I begin it at any stage of my pregnancy?**
Yes! Not only can you begin it at any stage of your pregnancy, you can use it throughout each stage. As your body changes Pregnant Pauses will help you adjust to all the transformations you go through, providing you with new information each time you do them.

**What if I have pain or discomfort?**
Pregnant Pauses are designed so that you can do them even if you have pain or discomfort. Better still, by doing each Pregnant Pause gently and slowly, as you’re directed, you’re likely to find that your pain and discomfort diminishes or even goes away.

**How often should I do it?**
The great thing about Pregnant Pauses is that you can do it as often as you like! You can do them every day or once a week. Anytime time of the day or night, at home or when you are traveling.

**Do I have to be in good shape to do it?**
Not at all! Don’t you move all the time no matter what shape you are in? Pregnant Pauses are not exercise in the traditional sense of the word. By doing them you’ll gain a better sense of vitality and energy in your body. If you are into exercise you’ll find you’ll improve and your exercise will get easier.

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**Disk 1**
**Easy rolling**
*Group and Individual Instructions plus Extras*

**Disk 2**
**Pressing and lifting**
*Group and Individual Instructions plus Extras*

**Disk 3**
**Turning...more and more easily**
*Group and Individual Instructions plus Extras*

**Disk 4**
**Gentle fingers and gentle threads**
*Group and Individual Instructions plus Extras*

**Disk 5**
**Your pelvis and breathing**
*Group and Individual Instructions plus Extras*

**Disk 6**
**A new way of rolling**
*Group and Individual Instructions plus Extras*

Pregnant Pauses is a direct application of the Feldenkrais Method® of Somatic Education.

For more information go to: www.uncommonsensing.com or www.feldenkrais.com

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ABOUT ALAN

Alan S. Questel is the creator of Pregnant Pauses - Movement for Moms. For over 25 years Alan has worked with pregnant women and has brought together an extensive knowledge about the movement needs women experience throughout their pregnancy and how they can move more easily and comfortably during and after their pregnancies.

Alan was trained by Dr. Moshe Feldenkrais, the creator of the Feldenkrais Method® of Somatic Education and has practiced full time since 1983. He has lectured and taught at hospitals, colleges and Professional Training Programs throughout the U.S., Mexico, Australia, Europe, Japan and Canada, teaching people from all walks of life (people with physical and neurological challenges, athletes, artists, actors, dancers and musicians) helping them move and function better. Today Alan spends much of his time teaching worldwide in Feldenkrais® Professional Training Programs teaching people to become Feldenkrais® Practitioners.

Alan has taught at, among other places, Princeton University, S.U.N.Y. College at Purchase, The Institute for Transpersonal Psychology, Palo Alto, CA, the New York Open Center, the New Actors Workshop, NYC, and at Mother Teresa’s Shishu Bhavan in Calcutta, India.

Alan is known for his clarity, creativity and down to earth style of teaching. He brings a depth of understanding, humor and a gentle human perspective to learning and creates lively conditions for self-discovery.