

PRENATAL TREATMENT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00 AM		8:00 AM - 9:00 AM Breakfast	8:00 AM - 9:00 AM Breakfast	8:00 AM - 9:00 AM Breakfast
9:00 AM		9:15 AM - 10:30 AM Becoming Parents with the psychologist	9:15 AM - 10:30 AM Eating healthily during pregnancy and after childbirth by MDT	9:15 AM - 10:30 AM Organizing your return home
10:00 AM				
11:00 AM		10:45 AM - 12:15 PM First aid course	11:00 AM - 12:15 PM Individual care or free time to rest	11:00 AM - 12:15 PM Individual care or free time to rest
12:00 PM				
1:00 PM		12:30 PM - 1:45 PM Lunch together	12:30 PM - 1:45 PM Lunch together with discussion time with the midwife	12:30 PM - 1:45 PM Lunch together
2:00 PM	Reception and welcome circle		2:00 PM - 3:00 PM Meditation and Breathing	End of Stay with the midwife
3:00 PM	2:45 PM - 4:00 PM Birth Project	2:30 PM - 4:00 PM Individual care or free time to rest		
4:00 PM			3:45 PM - 4:15 PM - Individual care or free time to rest	
4:15 PM				
5:00 PM	Aquagym 1 (30') ou AquaStretch 1 (20')	Aquagym 1 (30') ou AquaStretch 1 (20')		
6:00 PM	5:00 PM - 6:30 PM Free time	5:00 PM - 6:30 PM Free time	17h00 - 17h45 Yoga prénatal	
7:00 PM	7:00 PM - 7:45 PM Dinner together	7:00 PM - 7:45 PM Dinner together	7:00 PM - 7:45 PM Dinner together	
8:00 PM				