

ESKIMOS
ski.snowboard.school.

BACK «ON SKI / BOARD» AFTER BABY LEAVE

PRIVATE SKI/SNOWBOARD LESSONS

From 1,5h «Back on track» Ski / Snowboard Coaching

From CHF 127.00 per person

Ski instructor

Status quo talk 15min

Material check 5 min

Back on track...

As a mother you have experienced physiological changes that are unique. Your body has made a transformation that began the moment you became pregnant and continues well beyond birth.

As a new mother, it is important to be kind and patient with yourself.

When you are ready to get back on skis or snowboard, the experience should be extraordinary. Be aware that your new skiing / snowboarding journey will be greatly influenced by the events, during your pregnancy and your birth experience.

So, how can you safely get back to doing what you love or want to learn? As a mother of a 6 year old daughter and with my over 20 years of snow sports teaching experience I have the following four tips for you:



*Alle Preise mit SaastalCard. Preise Gruppenkurse ohne SaastalCard CHF 37.—



1. GIVE YOURSELF THE TIME YOU NEED

In my years of experience, every woman needs a different amount of time to be ready for her «RESTART or START» in snowsports. There is no guideline. One of the greatest strengths and most powerful tools moms possess is their intuition – a.k.a., their «gut». When you feel ready and your gynecologist/doctor encourages you to get back into sports, it is simply up to you to decide when you're ready to get back into snowsports.

2. ORGANISE YOURSELF WELL

Be organised on your «restart». Make sure, that your child(ren) are well looked after by a trusted and loving person like your husband / partner / grandparents / friends / babysitter, etc. When you are back on your skis or snowboard you should feel at ease knowing that your child(ren) are in safe hands and having fun. Plan enough time to organise your material, your ticket and be mentally prepared so you can look forward to this special experience.

3. GET A COACH

Once you have officially decided to restart skiing / snowboarding , the next step is to book an understanding and qualified ski / snowboard instructor who knows the significance of pre and post natal, preferably who is a mother herself. You may not need the coach forever, but for your snowsport «RESTART», a coach can support you from the beginning, so you can feel safe and focus on having fun.

4. ENJOY IT, PAMPER YOURSELF AND DO IT AGAIN.

In your first hours and days back on the board or skis, take it slowly and be patient. The ski instructor will take the pressure off you, so you can focus fully on your riding experience. Plan enough time after skiing/snowboarding to get back and if you have even more time, then treat yourself to a massage or a wellness hour.

