

Neurotango[®] for Pregnant



Concept for pregnant women by Dr. Ildiko Davide,
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Neurotango[®] Therapy



Introduction

- **Neurotango® has many advantages during pregnancy.**
- Especially women who were already active in sports before pregnancy find it difficult to take a break. As long as you do not overtax yourself or engage in high-performance sport, sport does not pose a risk to pregnancy.
- Due to the strain on the cardiovascular system and soft movements, as well as body contact and music, Neurotango is highly recommended, especially in the last third of pregnancy.
- Therapy and exercise for mother, child and father together.

Advantages

- Neurotango® offers several advantages for the mother, the unborn baby and the father.
- The rhythmic movements mean that complaints such as calf cramps or back pain occur less frequently.
- Neurotango® helps to improve posture and coordination. Neurotango® promotes a close relationship between mother-father and child from a psychological and emotional point of view.
- The improvement of condition, musculature, mobility and protection against excessive weight gain are also points in favour of Neurotango® during pregnancy.



Aim of the 10-hour Neurotango® course

- better couple communication non-verbally between mother and father
- Emotional togetherness through touch and physical contact
- Approach of the father to the child through physical embrace of the mother
- better posture through straightening of the spine
- Flexibility in the pelvis, better blood circulation
- Less water retention, hormonally and mood balancing
- Birth canal preparation with dynamics (dynamic movements)
- Strengthen balance
- Physical and psychological preparation for birth
- Improving child development through music and gentle movement by the mother



The pleasant hours with
Neurotango®
have made the wait for
the new baby shorter
and less burdensome.

Now the baby
finally here!

Yours
Dr. Ildiko Davide
www.regenerativmedizin.com