

inviting you to

NATALIE KAY HEALTH



Empowering Your Body Through Every Stage of Motherhood



As a mom of two and certified Perinatal Pilates Specialist, I know firsthand how powerful movement can be during the journey into motherhood. My prenatal and postpartum Pilates sessions are designed to support strength, balance and connection—helping you feel more grounded in your body, more prepared for birth and more resilient through postpartum.

MY OFFERINGS



Perinatal Wellness (Pregnancy through Postnatal)

Condition your body and mind to prepare for birth and build resiliency for postpartum life.



Postnatal Wellness (6 Weeks to 2 Years Postnatal)

Rehab your core & pelvic floor, align your body & mind to feel more confidence & vitality than before.

INVESTMENT OPTIONS

LET'S GET STARTED

- Contact me natalie@nataliekayhealth.com to set up a free 15 minute consultation
- Assessment & first session (1.5 hrs \$105)
- Set up 4 or 8 month plan

OPTION 1

30 sessions | 2x week
4 months
\$600 per month

OPTION 2

30 sessions | 1x week
8 months
\$300 per month

PLUS

4 & 8 month options include:

- Healthy everyday prenatal & postpartum movement videos
- Prenatal & postpartum meditations

NATALIEKAYHEALTH.COM