

## \*UPCOMING WEBINAR\* Active During Pregnancy





Tuesday 29th September, 11:00 – 12:00

Sport Ireland are delighted to present this upcoming webinar as part of European Week of Sport. The 'Active during pregnancy' webinar will be hosted by Tarja Owens of Biking.ie. The discussion panel will include Naomi Sturdy (Element Yoga), Yvonne Byrne (Ex Mayo Ladies footballer) and Sinead Brophy (FFS Gyms).

Questions and topics discussed and answered on the day will include:

- How can we stay active?
- Myths and truths.
- The realities of pregnancy: physical, mental and social.

This webinar is aimed at anyone engaged in Sport & the Outdoors, female athletes of all levels. All participants must register to attend this webinar. Places are limited and interested participants are advised to register as soon as possible by clicking [HERE](#).

	<p><b>Tarja Owens</b> <i>Co - Founder of Biking.ie</i></p> <p>Tarja Owens, co-owner and director of Biking.ie - Ireland's premier agency for all things biking related, is a highly proficient and well known competitive cyclist and has been an athlete for over 27 years. Biking.ie delivers world class events, provides high end coaching, run courses and rent bikes throughout the Wicklow and Dublin mountains. Tarja's background in sport and her knowledge of the athlete world was a huge help with her practice as an osteopath operating out of Roundwood, Wicklow. Tarja is still providing and delivering courses for Cycling Ireland and through her own business.</p>
	<p><b>Naomi Sturdy</b> <i>Founder of Elementsyoga.ie, The Art of Teaching</i></p> <p>Naomi has been teaching for over 15 years. She originally qualified as a Physical Education teacher. In 2012, she started her own business teaching Yoga and Pilates full time. Naomi has trained extensively in Ireland and abroad with leading teachers in Yoga, Pilates, movement, meditation, mindfulness and in the past year she has completed a certificate course in counselling and psychotherapy. She teaches community and studio classes regularly in Dublin, leads retreats, and offers continuing education. Naomi co-founded 'The Art of Teaching' in 2015, and over the past four years has successfully trained individuals to become Yoga teachers.</p>
	<p><b>Yvonne Byrne</b> <i>Senior County Mayo Footballer</i></p> <p>Yvonne Byrne played Senior inter county football for Mayo for 20 seasons from 1998 to 2017. Yvonne previously worked with the Camogie Association as a Coach Education Officer and Development Officer for 9 years. She now works for Sport Ireland Coaching as a Coach Education Development Officer supporting NGBs and is part of the Trainer of Coach Developer team. She is currently in her third trimester of pregnancy.</p>
	<p><b>Sinead Brophy</b> <i>Strength and Conditioning Coach @FFS Gyms</i></p> <p>Sinead is a personal trainer and nutrition coach, who is specialises in Pregnancy &amp; Postnatal Training and Female-specific coaching. Her mission is to help women find optimal health and help expecting mothers to become the strongest version of themselves.</p>