



Get ready for life!



Heike Joas – First-Step Instructor

„Movement is a precondition to health. A stable balance system and hence the ability to move about freely can avoid the emergence of several forms of fear.

Join a First-Step workshop and take a first step towards an easy and happy life.“



First-Step

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First-Step is precious for all children.

With the First-Step method you can encourage and support your child and give him security in a holistic way. Equipped with these abilities he/she will be able to live a SELF-SECURE and SELF-CONSCIOUS life. With a reliable VESTIBULAR SYSTEM no one and nothing will take him easily out of BALANCE. Your sweatheart gets a valuable base on which he/she can rely for a lifetime.



Workshop A friday 9:00 – 10:00

sitting independently, getting up & sitting down, standing free, walking

for babies und toddlers
from 10 to approx. 16 months

8 lessons / 240.- SFR

In addition to the exercises for movement we cover topics like „dealing with frustration“, „independence & guidance“, „eating“ and „concentration“.

Siblings are welcome.

Workshop A1: 2.2., 9.2., 16.2., 23.2., 2.3., 9.3., 16.3., 23.3.

Workshop A2: 27.4., 4.5., 18.5., 25.5., 8.6., 15.6., 22.6., 29.6.



Workshop B friday 10:15 – 11:15

rolling, creeping, crawling, sitting independently

for babies
from 5 to approx. 9 months

8 lessons / 240.- SFR

To roll, creep, crawl etc. it takes motivation, hand-eye-coordination and a good balance system. You'll get plenty of background information concerning a healthy and fear-free development of your child.

Siblings are welcome.

Workshop B1: 2.2., 9.2., 16.2., 23.2., 2.3., 9.3., 16.3., 23.3.

Workshop B2: 27.4., 4.5., 18.5., 25.5., 8.6., 15.6., 22.6., 29.6.



Workshop C friday 11:30 – 12:30

crying less, sleeping better, tummy time, rolling

for babies from birth
to approx. 4 months

8 lessons / 240.- SFR

This workshop is deliberately during lunch time. We'll do exercises for soothing, tummy time, rolling and deal with the topic of stomach pain. At the end of the workshop most children will be tired so most likely you'll walk out with a sleeping baby.

Siblings are welcome.

Workshop C1: 2.2., 9.2., 16.2., 23.2., 2.3., 9.3., 16.3., 23.3.

Workshop C2: 27.4., 4.5., 18.5., 25.5., 8.6., 15.6., 22.6., 29.6.