



A Workshop at High Desert Yoga  
with **AVERY KALAPA**

# Yoga for Your Pelvic Floor:

*Anatomy, Asana, & Breath*

**Saturday, September 23, 2017  
2:00-5:30pm**

**AVERY KALAPA, ERYT500** discovered yoga as a teenager, and holds advanced certifications in teaching yoga, including in Yoga for the Pelvic Floor with Leslie Howard, and Prenatal and Postpartum yoga. She has over 2400 contact hours of study with senior teachers, and has been teaching since 2004. She has travelled to India and around the US to study both advanced practices and therapeutics. Her technique is inspired by the Iyengar approach, somatic exploration, experiential anatomy, and Vipassana meditation. She loves precise attention to detail, vigorous enthusiasm, and brings a nurturing, creative reverence to her classes. She finds joy in exploring just the right approach to help her students gain access to both subtly and the empowering expansion of this work, and seeks ways for yoga practice to be a tool for social justice and inner freedom and healing. Avery teaches classes, private sessions, workshops, and retreats; learn more at [averykalapa.com](http://averykalapa.com) and facebook at Yoga with Avery.



**What is your relationship with your pelvic floor?** How does this special area reflect-and affect- what's happening in the rest of the body, the mind, the emotions? "Pelvic floor" refers to the dynamic layers of muscle which span the inner pelvis. In this afternoon workshop we will explore pelvic anatomy, posture, pelvic breath, yoga poses and self care techniques to increase health, wellness, and healing.

When our pelvic floor area isn't structurally supported to be strong AND relaxed, mild to serious health issues such as pelvic pain, digestive trouble, infertility, urge incontinence, stress incontinence, and/ or prolapse can develop. Pop culture would have us believe we are "too loose," when that's often not true! Many people have too much gripping, and because of that tightness, the pelvic muscles are weak. Or, the muscles are lax and need tone... or, a combination of both! When trying to do Kegels people can end up constricting the urethra, sometimes doing more harm than good. Mula Bandha is a hot topic, but often misunderstood. Let's bring the light of awareness to the hips and inner pelvis, and give this area the loving care it needs.

This hands-on workshop will help you learn to sense the 3 layers of muscle of your unique pelvic floor. Through exploring specific actions and structural alignment through yoga, learn what practices will best support you as you sit, stand, move, and more. Discover ways to optimize pelvic health, including good circulation, movement, relaxation, and stability. **For all genders and levels.** Recommended for yoga teachers, teacher trainees, health care providers, and anyone with a pelvic floor! Workshop counts towards Yoga Alliance CEUs.

Extensive handout with anatomy, poses for home practice and more included!

**COST: \$55 pre-registered, \$60 at the door**

plus tax: 59.13 pre registered, 64.50 at the door

**register with a friend, you'll each save \$5!**

Register at the studio: High Desert Yoga

4600 Copper Avenue NE Albuquerque, NM 87018

call **505.232.9642**, or visit

**highdesertyoga.com**