

High Desert Yoga presents

Yoga for Your Pelvic Floor

6 WEEK CLASS SERIES

with **AVERY KALAPA**

Thursday Nights

October 12–November 2

5:45–7:15pm



AVERY KALAPA, ERYT500 holds advanced certifications in teaching yoga, including Yoga for the Pelvic Floor with Leslie Howard, and Prenatal and Postpartum yoga. She has over 2500 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 helping students gain access to both subtly and the



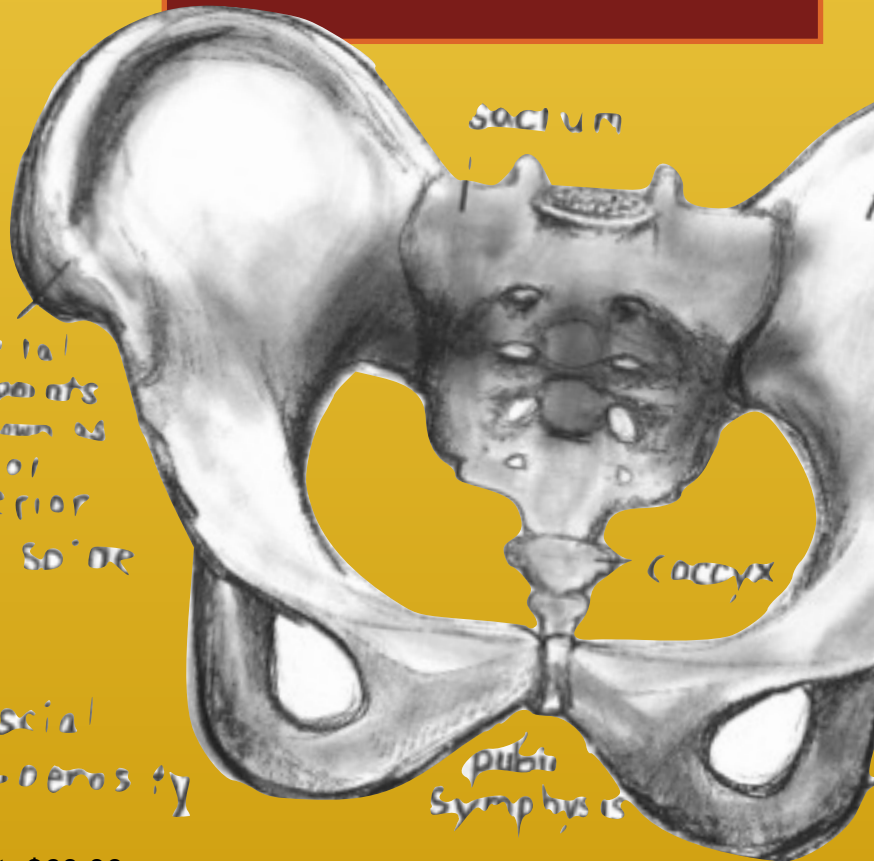
empowering expansion of this work, and seeks ways for yoga practice to be a tool for social justice as well as inner freedom and healing. Avery teaches classes, private sessions, workshops, and retreats; learn more at averykalapa.com and facebook at Yoga with Avery.

During this 6 week class series, we'll bring the light of awareness to the hips and inner pelvis to give this area the loving care it needs, through active practice, restorative poses, and breath work. Invite healing release and healthy circulation to the inner pelvis while developing stability, strength, and support for this special area. Learn how the pelvic floor contributes to and benefits from standing poses, backbends, twists, inversions, and more!

Discover ways to optimize pelvic health: how to avoid or diminish prolapse and incontinence, how to relieve pain caused by hypertonicity (tension and gripping patterns) in the pelvic floor, how to stand, sit, and move in ways that support pelvic health, energetic release, and deep relaxation.

For all genders and levels.

Recommended for folks who have taken Avery's Pelvic Floor Workshop and want more, AND yoga teachers, teacher trainees, health care providers, and anyone with a pelvic floor! Classes counts towards Yoga Alliance CEUs.



Cost: \$60.00 plus tax (64.50). Drop ins only if space allows, \$20.

Register at the studio: High Desert Yoga
4600 Copper Avenue NE Albuquerque, NM 87018
call 505.232.9642 or visit

highdesertyoga.com