



High Desert Yoga presents

Yoga for Your Pelvic Floor

Anatomy, Asana, Breath Workshop Series

with Avery Kalapa

**Where is my pelvic floor? How do I feel it? Is it too tight? Too weak?
Incontinence? Pelvic pain? Prolapse? Prostate issues? What's it all about?**

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" = the dynamic layers of muscle which span the inner pelvis. These 2 afternoon workshops explore pelvic anatomy, posture, breath, yoga poses and self care techniques to increase health, wellness, and healing. 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, postpartum moms, and anyone with a pelvic floor! *Workshop counts towards Yoga Alliance CEUs. Handout with anatomy, poses for home practice and more included!*

INVESTMENT:
SINGLE WORKSHOP
\$55* pre-registered
\$65* at the door
BOTH WORKSHOPS
BUNDLE! \$100*
* plus tax

High Desert Yoga
4600 Copper Avenue NE
Albuquerque, NM 87018
www.highdesertyoga.com
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WORKSHOP 1: Sunday, Oct 6th 2-5:30pm
Slideshow, learning to sense, introduction to the framework, gentle sequence

WORKSHOP 2: Saturday Oct. 19th 2-5:30pm

Beyond 101: Practice for specific issues, subtle body (mula bandha) and deep release
Workshop 1 from this or past years highly recommended

Avery Kalapa is a Certified Iyengar Yoga Teacher (CIYT) eRYT500, YACEP, BFA and Healing Justice Advocate, with 20 years of yoga practice & teaching since 2004. She holds special certification in Yoga for the Pelvic Floor. She is grateful for extensive study with Senior Teachers in the US and in India, including the Iyengar family, Patanjali's Yoga Sutras and Vipassana meditation foundational to Avery's approach. She brings a depth of skill, rigor, compassion, and commitment that creates not only safety and accessibility, but inspiration and transformation. Learn more at averykalapa.com, on facebook at Yoga with Avery; on Instagram: @Swayvery. Inquire for scholarship opportunities for POC, queer, trans community.

