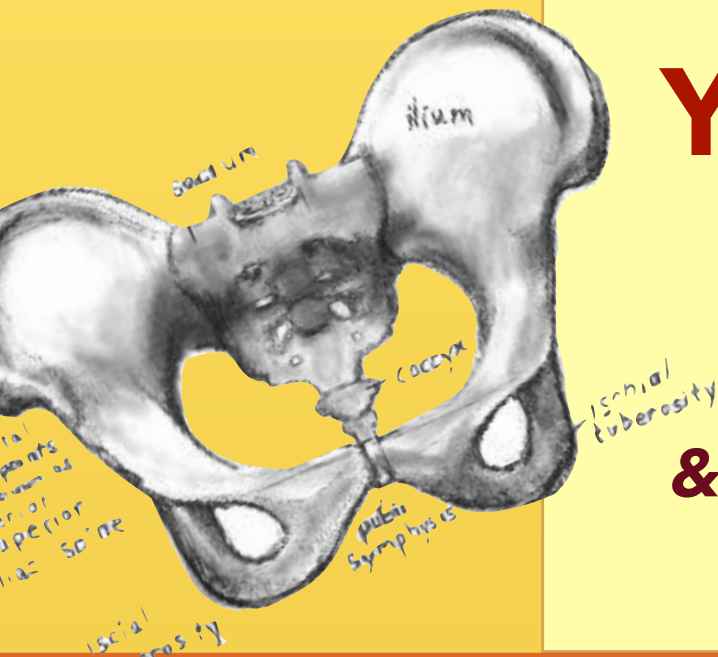


High Desert Yoga presents

# Yoga for Your Pelvic Floor Workshop & 4 WEEK CLASS SERIES with AVERY KALAPA



**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. In this afternoon workshop and 4 week class series, come explore pelvic anatomy, posture, breath, yoga poses and self care techniques to increase health, wellness, and healing.

When our pelvic floor area isn't strong AND relaxed, mild to serious health issues such as pelvic pain, digestive trouble, infertility, incontinence, and/or prolapse can develop. 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! We'll discuss kegels, mula bandha, and more. Discover ways to optimize pelvic health, including good circulation, movement, relaxation, and stability. Bring the light of awareness to the hips and inner pelvis, and give this area the loving care it needs.

**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!

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

**CLASS SERIES:** \$70 pre-registered  
\$20 per class drop in

**WORKSHOP AND CLASS SERIES BUNDLE! Save \$15 \$110.00 for both**

Prices do not include tax

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



**WORKSHOP: Sunday, August 26th 2-5:30pm**

**CLASS SERIES: Saturdays 12:30-2pm Sept. 1, 8, 15, 22.**

The class series provides further practice based exploration from the workshop. Class participants aren't required to have attended the workshop, but it's highly recommended!

**AVERY KALAPA** is passionate about Iyengar Yoga, and has been practicing yoga for nearly 20 years, and teaching since 2004. She exudes commitment, compassion, and precision. She holds advanced certifications in teaching yoga, including Yoga for the Pelvic Floor with Leslie Howard; she illustrated Leslie's book "Pelvic Liberation." She has over 3500 contact hours of study with senior teachers, and has traveled around the US and to India to study, and brings a depth of skill, rigor, and experience that creates not only safety and accessibility, but inspiration and transformation. ERYT500, YACEP, soon to be CIYT. Yoga is a tool for social justice as well as inner freedom and healing. Learn more at [averykalapa.com](http://averykalapa.com), on Facebook at Yoga with Avery; on Instagram: Swayvery

