

## Pelvic Floor Yoga™ Info Sheet

What if I asked you what part of the body is the foundation? Perhaps you might automatically think of the feet? The legs? How about the core?

What if I were to tell you that the true foundation is the pelvic floor?

The pelvic floor is the most crucial to maintaining good posture; it is the part of our body that integrates the head and torso with the legs and the feet. *(Pelvic Liberation-L. Howard)*

Of course, our feet, legs and abdomen play a significant role...

However, if the pelvic floor is out of balance,

### EVERYTHING

that sits above - torso, spine, shoulders, neck and head

### and EVERYTHING

that exists below - hips, groin, legs and feet- can also be off balance.

### The pelvis is the true foundation

The womb houses all of our ancestral memories, holds our traumas, hurts and pains. It is also the seat of our creative power and mystery. The womb is where we allow Joy, Pleasure and Creativity to enter our lives. It is the sacred space where the spark of an idea takes root, develops and is birthed into the world. Where new life is created. The creation may emerge as a literary piece, a work of art, a delicious meal or a brand-new child. Healing the pelvic floor brings true meaning to balance of Body, Mind, Spirit



## Signs of an Unhappy Pelvis

Unhappy Pelvises can experience one or more of the following:

Stress or Urge Incontinence; Pelvic Organ Prolapse; internal or external pelvic pain; Irritable Bowel Syndrome; painful bladder syndrome and more

## Why Yoga?

Practicing yoga cultivates self-awareness and sensitivity toward your body

Pelvic Floor Yoga teaches you to locate, sense and work with individual muscles and muscle groups in your own body

Cultivates and improves body awareness to articulate symptoms

Yoga empowers you to take an active role in your own healing

You hold primary authority over your body, and you need to exercise that authority by exploring, observing, and learning about yourself *(Pelvic Liberation-L. Howard)*

Yoga is non-invasive

Yoga is holistic

Yoga is complementary to other forms of treatment and internal physical therapy

**Yoga Works!** University of California, San Francisco (UCSF) study of 18 women age 40+ with incontinence were taught a series of yoga postures which they practiced for six weeks. The pilot study resulted in a 70% overall decrease in incontinence frequency. *(Alison J. Huang, Hillary E. Jenny, Margaret A. Chesney, et al. A group based yoga therapy intervention for urinary incontinence in women: a pilot randomized trial. Female Pelvic Medicine and Reconstructive Surgery 2014, 20;3:147-154).*

A study on yoga to relieve pelvic pain: The study was completed in June 2016 and the results of that study showed a 42% improvement in symptoms after following a yoga based program for six weeks.



Pina Marino, RSW, RYT550  
feathersnmoonbeams.com

Contact: [feathersnmoonbeams@gmail.com](mailto:feathersnmoonbeams@gmail.com)