

Yoga for Pelvic Wellness

Frequently Asked Questions

I have an injury/disability OR I have a large body OR I've never done yoga before. I feel self-conscious OR Can I participate?

This is an all-level, gentle yoga class for people with female anatomy. At the foundation of this program is self-compassion and celebration of diversity. Options will be given to allow participants to choose their level of comfort in the poses. Each participant will complete a questionnaire at registration that will flag any physical issues that may need to be addressed or accommodated. Kathleen takes a trauma-sensitive approach in all her classes.

Do I need any special equipment to participate?

You will need to bring your own standard yoga mat and a blanket. A pillow or bolster and two yoga blocks are recommended. It can be nice to sit on a pillow or blanket to raise your hips and a pillow can be used to cushion your head or place under your knees while lying down. A blanket can be used to raise the hips while seated, cover your eyes during the relaxation or as a layer of warmth. Yoga blocks can be used in supported poses or to help reach the ground in certain standing poses. A strap/tie/belt/long narrow scarf may be useful for some poses.

What should I wear?

Loose, comfortable clothing that moves with your body is recommended e.g. spandex, stretchy pants with an elastic waist, knit top. While practicing on your mat, you may wear socks or have bare feet. You may wish to remove or replace any clothing or jewelry that might be uncomfortable if it could dig into your body in a particular pose (e.g. earrings, rings, bra clasps, hair clips).

What is the format for the sessions?

The 75-minute yoga class will include yoga poses, pelvic floor exercises, breath work and constructive rest (Savasana). Information about pelvic health will be integrated into the sessions, and attention paid to specific issues identified at registration.

How many people will be in the group?

The minimum size for the group is four people and the maximum is six.

I can't attend all the sessions – can I still register?

Attending all sessions is ideal, but not required. Sessions will build on each other, so regular attendance will be particularly important for anyone new to yoga. The group will be closed to new people after the first session.

I am unable to afford the registration fee but I want to attend.

The full registration fee for this program is \$120. A discounted fee can be offered to individuals in cases of financial need if a minimum number of people register at the full fee. Please speak to me for more information about a discounted fee.

Have another question that isn't answered here? Please contact me!

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