

# Pelvic Floor Workshop

Saturday, July 27 4:00-6:00pm



\$50 by July 25 or \$60 at the door

*Payment options:*

- Cash
- Check payable to Janet Parachin
- PayPal: [jparachin@cox.net](mailto:jparachin@cox.net)
- Venmo: Janet-Parachin

Questions? Contact Janet Parachin at 918-261-9786 or [jparachin@cox.net](mailto:jparachin@cox.net)

**LOCATION:**  
**TULSA YOGA MEDITATION CENTER**  
**5319 S SHERIDAN RD**  
**ACROSS THE PARKING LOT**  
**FROM THE OLD PIER 1**  
**LOOK FOR OUR NAME ON**  
**THE WINDOW OF THE**  
**OFFICE BUILDING**

[TULSAYOGAMEDITATIONCENTER.COM](http://TULSAYOGAMEDITATIONCENTER.COM)

The pelvic floor is one of the most underappreciated areas of the human body—unless something goes wrong! These are the muscles at the lowest part of the abdomen, and they support some of the most important of human functions: urinary and bowel continence and sexual health. They also hold in the organs of the lower abdomen, stabilize the joints of the pelvis and hips, and pump blood and lymphatic fluid in the pelvis.

Both women and men can suffer symptoms if the pelvic floor muscles are either weak or too tight. Like all muscles in the body, they should be both flexible and strong. So much of the work we do in Yoga is to gain greater control over these important muscles through movement and stabilization.

In this workshop you'll learn

- ✓ Why a healthy pelvic floor is important for both women and men
- ✓ The anatomy of the pelvic floor muscles and the four diaphragms
- ✓ Specific exercises for strengthening a weak pelvic floor
- ✓ Exercises to release a tight pelvic floor
- ✓ How Yoga conditions the pelvic floor through postures, breathing and meditation
- ✓ The special role of Mulabandha and Muladhara chakra and how to access them

Please dress for a yoga class and bring a yoga mat (we have extras) and eye covering (we have them for sale for \$15). We'll learn through lecture, discussion, meditation and movement.

*This workshop is approved for credit for students enrolled in Yoga Spirit Academy teacher training.*

**Janet Parachin** loves Yoga for all the ways it heals the body, mind and spirit. As a certified yoga therapist she helps people get out of pain, move better in their body, and feel more confident in the mind. She has completed over 2000 hours of training in yoga anatomy, restorative and therapeutic yoga, Ayurveda and Reiki. She is the Director of Yoga Spirit Academy yoga teacher training program and a founding teacher at Tulsa Yoga Meditation Center.



*"May all beings be safe, happy and free."*