

# Your Pelvic Health

An experiential three part workshop series with Kristin Honey and Michelle Fraser



## 2017 Fall Series *For Women Only*

3 Saturdays from 1–4pm \$145 +hst for the series

### **Saturday Sept 30:**

Get Acquainted  
with Your Pelvic Floor

### **Saturday Oct 14:**

Soften and Activate

### **Saturday Oct 28:**

Integration into Your Life

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### **To Register:**

[info@kristinhoneyyoga.com](mailto:info@kristinhoneyyoga.com)

### **Workshop Location:**

Sukha Yoga Centre  
42 Wyndham St N, Unit 101C  
Guelph, ON N1H 4E6

### **Have you ever experienced, or been curious about:**

- low back/hip pain that isn't improving
- pelvic pain
- postpartum or other urinary incontinence
- leaking with sneezing or coughing
- prolapse or other pelvic conditions
- pain with sexual activity
- a disconnection with your pelvic area

In this dynamic workshop series, we will build the foundation for the healthy balance of your pelvic floor through lecture, discussion, self reflection and embodied movement to awaken our awareness and understanding of the gifts and challenges of the pelvis. Become familiar with the function of your pelvic floor, how to access, train, and balance these muscles and to apply the skills and insights developed to your daily life.

### **Kristin Honey**

Kristin infuses her teaching with alignment, heart and curiosity, sharing information and experiential opportunities. Her fascination and interest in pelvic health, began over a decade ago and Kristin continues her studies at Pelvic Health Solutions, in ongoing collaborations with clients, pelvic floor physiotherapists and other health care practitioners.

[kristinhoneyyoga.com](http://kristinhoneyyoga.com)

### **Michelle Fraser**

Michelle is a pelvic health advocate and educator who works with persons of all genders experiencing pelvic floor dysfunction and those interested in understanding the complexities of pelvic health. In addition to being an orthopaedic and pelvic health physiotherapist, Michelle is a certified yoga instructor, enriching her finely tuned treatment methods with the benefits of mindful movement.

[fraserpelvichealth.com](http://fraserpelvichealth.com)