

Pelvic Floor Weekend Course

Presented by Kathi Janssens

AT
Hills Yoga

Weekend Course Dates 2008:

Saturday 2-5.30pm & Sunday 9.00-12.30pm

16th & 17th February

24th & 25th May

Monday 12th 1.30pm & Tuesday 13th 1.30pm May

19th & 20th July

20th & 21st September

22nd & 23rd November

COST: \$195

Book early, limited to 7 participants per Course

Refresher classes: Sundays 9.30 to 10.15am

These ongoing monthly classes are available to those who have completed the Course. They provide guided practices and support and an opportunity for questions.

Cost: \$15.00/class

CONTACT: Kathi Janssens 0406 501509 info@discreetlyfit.com

Facilitator: Kathi Janssens has worked in the Fitness Industry for the past 19 years, she was a national level gymnast in Hungary and later a professional dancer. She has dedicated the past 3 years of her life to develop Discreetly Fit a program that focuses on pelvic floor health. Her program is based on the latest information from around the world and the traditional and safe Kegel exercises.

See next page for course program

About the Course

This course and follow up practice will help you to get your pelvic floor muscles in top shape and maintain a strong and healthy pelvic floor.

The course addresses conditions associated with pelvic floor weakness and prevention:

- Pregnancy/Childbirth
- Damaged perineum
- Any form of urine leakage
- Frequent urge to urinate
- Prolapsed organs
- Hemorrhoids
- Lack of sensation during sex
- Bladder/vaginal infections
- Difficulty controlling wind/diarrhea
- Menopause
- Pelvic pain or pressure

You will LEARN how to:

- Effectively & successfully exercise your pelvic floor muscles
- Develop healthy habits to protect and maintain a healthy pelvic floor
- Detect problems early

The course includes:

- Simple lifestyle tips & information
- Overview of the pelvic floor and its functions
- A personalised 4 months strengthening home program
- A maintenance home practice
- An after-delivery pelvic floor rebuild program for pregnant women attending the course