



Yoga for Pelvic Floor Health and Incontinence

18 JUL 2023

Week 6

Virginia Walker -
YTT 500hr & Doula

GOLDSTER★
THE BEST SOLUTION FOR YEARS

Yoga for Pelvic Floor Health and Incontinence – Week Six

Closing Practice

- Create a peaceful, special space with candles/anything you would like to bring in.
- You may want to play music, have candles and relaxing scents.

Yoga for Pelvic Floor Health and Incontinence

Resources:

- The Squatty Potty
 - EMSELLA chair
 - NHS Squeezy App
 - Smart Pelvic Floor Exerciser and App
 - Incontinence underwear
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- Pelvic Floor Health Physiotherapists available nationwide

Sound Tracks:

- The Secret Kissing of the Sun and the Moon – Hang Massive
- The Power is here now – Alexia Chellun
- Spiegel im speigel – Arvo Part
- The Journey – Sol Rising
- Breathing Space – Sacred Earth
- Faiths Hymn – Beautiful Chorus
- Walk – Ludovico Einaudi
- Shine – Benjamin Francis Leftwich
- Una Mattina - Ludovico Einaudi
- Balancing poses – Mantra music oasis
- Deep relaxation with savasana sound bath – Tibetan singing bowls, Hang drum