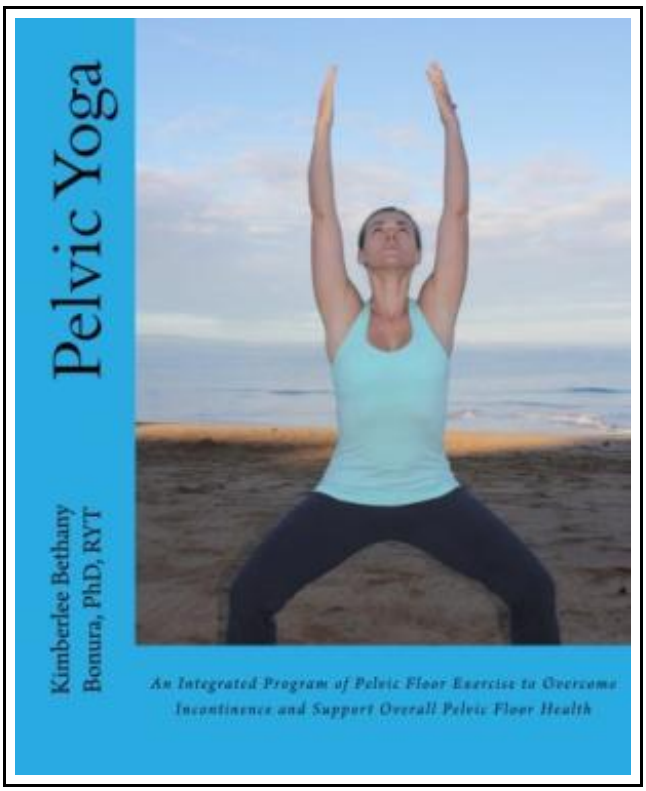
Pelvic Yoga: An Integrated Program of Pelvic Floor Exercise to Overcome Incontinence and Support Overall Pelvic Floor Health



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Createspace, United States, 2013. Paperback. Book Condition: New. 230 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.Pelvic Yoga facilitates optimum health of the urinary and reproductive systems by strengthening the pelvic floor. The focus is on preventing urinary incontinence, enhancing sexuality, and maintaining pelvic health. Men and women of all ages will benefit from a preventative program of pelvic exercises. For women who are pre- and post-pregnancy or pre- and post-menopause, the program is essential to overcome natural weakening of the pelvic floor caused by weight gain, stretching of pelvic muscles during pregnancy and delivery, and/or hormonal changes. Because male incontinence does occur, men will also benefit from Pelvic Yoga. Pelvic Yoga integrates pelvic floor exercises into a yoga practice designed to strengthen, tone, and increase flexibility in the muscles of the pelvis, abdomen, lower back, hips, and thighs. Pelvic floor exercises are a vital component of any health program and are particularly important to support reproductive and sexual well-being. Kimberlee gives a refreshingly human and down-to-earth presentation of some of the more subtle and complex aspects of yoga. Through her book, one may discover true applications of these ancient methods within modern times. David Swenson Ashtanga Yoga Productions As a psychologist interested in a holistic approach to health and well-being, I am always looking for ways to assist my clients in reconnecting body, mind, and spirit. Kimberlee s classes have introduced me to an almost immediate felt sense of being whole and connected. This is definitely an approach to whole-health that I will recommend to my clients and that I will continue for myself. Marie Castiglione Registered Psychologist Member of Australian Psychological Society.

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