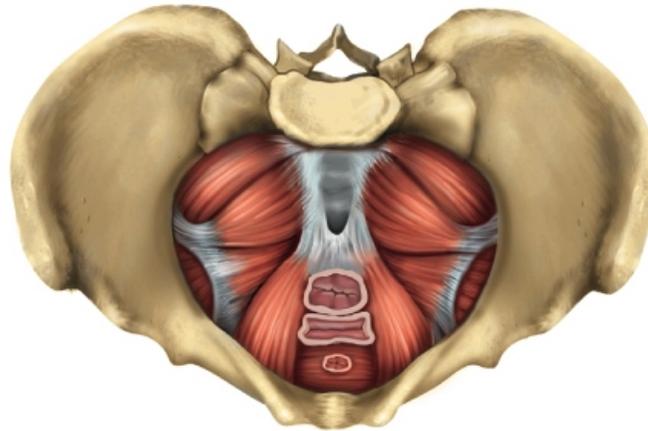


# Pelvic Health Essentials

A Workshop with Mandi Murtaugh, PT, DPT, WCS



The pelvis and its complex of muscles, ligaments, and joints is an essential piece of the human body, yet much of what goes on "inside" is a bit of a mystery to many. This workshop will cover the essentials of pelvic health from the inside out--from the organs to the pelvic floor muscles to the deep core. We'll discuss questions such as:

- What are *normal* bladder & bowel habits?
- What exactly is the core?
- Is it *normal* to leak urine while exercising (or coughing or sneezing)?
- What *should* things feel like after I have a baby?
- How can I use yoga to enhance my pelvic health?
- How is my back pain affected my pelvic floor?
- Does my pelvic floor cause my pain with sex?
- What is the pelvic floor anyway?

This workshop is geared toward everyone of any age. While much of the information is geared toward the female body, men are welcome as well. Whether you are a body worker or just learning to work with your own body, come prepared to dive in and learn things that you didn't know you didn't know. There will be space for movement and poses intertwined, but this is primarily an educational workshop. The final hour will be set aside for Q&A, so feel free to bring questions about your own body or bodies you work with. You'll also come away with handouts that can be shared.



**Sunday, May 1 • 8 am – Noon • \$80**

Mandi Jo Murtaugh is a Physical Therapist and Board-certified Women's Health Specialist in Seattle. She brings her years of clinical & yoga experience with passion into the studio and is determined to leave no stone unturned when it comes to bringing light to all things pelvic health related. She is a guest teacher with YogaCalm's Adult RYT training.

Register by emailing [mandijo.murtaugh@gmail.com](mailto:mandijo.murtaugh@gmail.com)