

GENTLE YOGA FOR MANAGING PELVIC PAIN

with Rebecca from Akasha Yoga



WHEN: Sundays 10-11am for 11 weeks from 22 September (no class on 06 & 27OCT)

INVESTMENT: \$253 for the 11 week term
\$28 casual attendance (subject to availability)

LOCATION: Classes are held on Norton St, Leichhardt.

For information, including full dates and how to enrol, please contact Rebecca at rebecca@akashayoga.net or 0401 594 750.

These classes are specifically designed for those with Pudendal Neuralgia, but accommodate other pelvic conditions such as Endometriosis, PCOS, IC etc. The aim is to provide you with tools you can use in your daily life to minimise the tension, stress, depression and/or anxiety you may be experiencing. It's about providing freedom through movement and a sense of peace through relaxation and meditation.

"Rebecca has been an incredible support for me in learning to control and understand my body. She is very sensible and allows us to carefully explore our limits and just feel comfortable with ourselves. Couldn't thank her more for taking away my fears of pain, I look forward to her class every week." (C.de Gregorio - student since 2017)