

**Yoga for Core and Pelvic Wellness Workshop**  
*with Kathleen Pratt, MSW, RSW, Certified Yoga Teacher (200 hour)*

Saturday April 18, 2020, 1:00 p.m. to 4:00 p.m.  
Artillery Park Aquatic Centre, Multi-Purpose Room  
382 Bagot Street, Kingston

***Frequently Asked Questions***

***I have an injury/disability OR I have a round body OR I've never done yoga before. I feel self-conscious OR Can I participate?***

This is a gentle yoga class for people with female anatomy. Absolute beginners are welcome. At the foundation of this program is self-compassion and celebration of diversity. I take a trauma-sensitive approach in all my classes. This means I will not touch you unless absolutely necessary, and only then with your consent. I also takes steps not to avoid startling people and encouragement to only do what you feel comfortable with. Usually, at registration, questions are asked about physical and mental health conditions that require accommodation. However, with registration being through the City of Kingston, I will not have access to this information in advance. Options will be given to allow participants to choose their level of comfort in the poses. Participants will be invited to complete a questionnaire on arrival that will help me gear the content to the needs of those attending.

***Do I need any special equipment to participate?***

The class is being held in a fitness room where mats and blocks are available. However, since I don't know how many props are provided and the number of registrants, I encourage you to bring your own mat and blocks (if you have them), as well as any additional props for your comfort. A pillow/bolster and blanket are recommended. Please bring a water bottle.

***What should I wear?***

Loose, comfortable clothing that moves with your body is recommended (e.g. spandex, stretchy pants with an elastic waist, knit top). While practicing on your mat, you may wear socks or have bare feet. You may wish to remove or replace any clothing or jewelry that might be uncomfortable if it could dig into your body in a particular pose (e.g. earrings, rings, bra clasps, hair clips).

***What is the format for the workshop?***

A combination of information and yoga will be covered in the three hours. General topics covered include: pelvic floor anatomy, pelvic pain, painful sex, bladder leakage and urgency, constipation, prolapse, and diastasis. I aim to create a relaxed atmosphere where people can talk freely, ask questions and have some fun! The yoga will include physical movement, breath work and relaxation. We will take a break halfway through.

***I am unable to attend on this date, but am interested.***

To stay informed about future workshops, please join my mailing list at [www.kathleenpratt.ca](http://www.kathleenpratt.ca). I also offer [private classes](#), which can be customized to your individual needs.