



PELVIC HEALTH with YOGA

Passages PT and Wellness is now offering small group instruction for how to gently include pelvic support muscle activation within movements, including yoga!

Learn from physical therapists who have trained in Professional Yoga Therapy.



Come explore how to use pelvic and abdominal support muscles during movement, without clenching. Your muscles need to work as a team to fight pressures that may occur during yoga and other fitness activities.

Vintage Kegel exercises are normally taught by starting with a strong hold. This is not how we usually rehab other muscles of the body because it can create strain. It's better to train the pelvic muscles to gently coordinate with the abdominals and work with the forces of pressure. The engaging flow of yoga can be a wonderful way to bring muscle awareness and function together. We train modified poses without overstretching and will teach you how to explore within your own comfort level.

New clients will first attend a private orientation session to introduce the basics of pelvic and abdominal wall anatomy and practice initial warm-up exercises. No yoga experience is needed.

\$95 Initial private 50-minute session for new clients.

\$30 Small/semi-private class, offered 2-4 times monthly on Wednesday afternoons and occasionally other times. Commitment to a series is not required. Established clients may schedule through our office or website portal.



Registration available by phone or through our website at www.passagespt.com.

434 979-5559

When leaving a message, please include phone and email contact information.

Passages Physical Therapy

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