

# Women's Yoga for optimal pelvic floor and hormonal support.

Sunday 27 November 2022 10:30-12:30

This offering will address simple and effective ways to optimise pelvic floor health with a range of accessible yoga practices and nutritional recommendations. We will also explore hormonal health and what can be done to support challenges such as painful and/or heavy periods, prolapse, PCO, endometriosis, fibroids, thyroid issues, sciatica, migraines, anxiety, perimenopause.



The Studio 184/186 Westcombe Hill SE3 7DH. £37

Advance booking needed. Closing date 22 November 2022

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