Our Special Women's Chi Gong and Flow Yoga class is now also available via Zoom.

I am excited to offer this class also via Zoom to our regular Chi Gong and Flow Yoga Program

If you are interested in taking part in this one monthly class, it is important that you book with me in advance as these places will be taken quickly from the feedback I had when mentioning this new program to students.

What is the content of these classes?

- We will be looking at the Pelvic Floor and the alignment.
- Using Chi Gong and Flow Yoga to help with the upholding of our organs which will help to build Chi in our body
- We will practice particular stretching, strengthening, energising exercises
- Ending the class with special uterus nourishing mudras and relaxation postures.

For whom? These classes are for women only.

When? Every first Sunday for the next few months. Zoom is now also available

Time: 10am to 11am

Booking is essential: SMS Marion on 0415 422 321 and wait for confirmation.

Cost: usual class fees as for all classes, see below:

Fees for life classes – valid 12 month Note: Multi – passes are non-refundable and not transferable to other persons	
Single Class (regular group class)	$ 20.00
4 Class Pass (regular group class)	$ 65.00 new
10 Class Pass (regular group class)	$140.00 new
Special 20 Class Pass (reg. group class)	$200.00

The benefits of Pelvic Floor Exercises

Have you ever wondered why everyone seems to talk about pelvic floor exercises but never quite explains why they're so important?

Pelvic floor exercises are simple yet highly effective movements that can dramatically improve your quality of life—particularly if you're dealing with issues like bladder leaks, pregnancy-related concerns, or even just everyday discomfort.

Your pelvic floor is a group of muscles and tissues forming a supportive sling from your pubic bone to your tailbone. Think of it like a hammock that holds your bladder, bowel, and uterus in place. When these muscles are strong, they do their job quietly and efficiently, but when weakened, things can start to feel pretty uncomfortable. You might experience bladder leakage, pelvic discomfort, or even issues during intimacy.

The surprising connection between pelvic floor strength and your daily life

Here's something many women find surprising—strengthening your pelvic floor doesn't just help with obvious things like bladder control. It also boosts your overall confidence. Imagine feeling completely secure during a run, a sneeze, or even a hearty laugh. Many women underestimate how much stress urinary incontinence affects their lives until they experience the relief that pelvic floor strengthening provides.

Source: https://www.dayonephysio.com.au/post/the-benefits-of-pelvic-floor-exercises