

GOLDSTER★

YOGA FOR PELVIC FLOOR
AND INCONTINENCE





CONNECT YOUR PELVIC FLOOR

- 01 Yoga for Pelvic Floor & Incontinence
- 02 Our method
- 03 The course
- 04 Your journey
- 05 Your coach
- 06 Your notes

YOGA FOR PELVIC FLOOR AND INCONTINENCE

ITS MORE THAN JUST YOGA

When it comes to your workout routine, you might not be thinking about including exercises that help strengthen the pelvic floor muscles. But it shouldn't be the case, as a strong pelvic is linked to accurate balance, healthy bladder and even supports pre-and post-childbirth vaginal strength. The group of pelvis muscle is located between the pubic bone and coccyx in both men and women and consists of muscles, ligaments and nerves that act like hammock support for your organs.



WITH EVERY BREATHE WE CAN IMPROVE

Breathing may seem like a very simple task, but many of us breathe incorrectly. Poor breathing mechanics can affect us physically, mentally, and emotionally. Research has shown that breathing exercises can positively impact our nervous, cardiac, and musculoskeletal systems. When we pay attention to, and learn how to control, our breathing we can change how we feel almost immediately.

With every breath, our pelvic floor and diaphragm are meant to work together, creating and regulating pressure. On the exhale, the diaphragm rises as the abdominal wall moves in and the pelvic floor lifts. When we exhale under normal conditions, this process happens without any effort or conscious attention.

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

It is so common for pelvic floor worries and troubles to cause significant anxiety through bladder or bowel control, lower back pain and many more symptoms. Here is a chance for students, both men and women, to go deeper into this subject - understanding, connecting with and exploring the pelvic floor through information, movement, breathwork and relaxation.

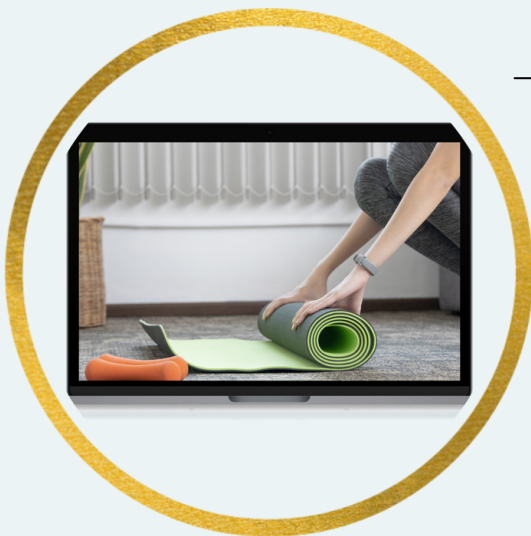
Discussion on anatomy, including visuals, will be included. We will explore the pelvis, pelvic floor muscles and another helpful anatomy 'friends' from different angles, not only the physical body but also the energetic body. Over the weeks, yoga poses and beneficial movement (modifications included) will be built upon, giving you mobility, strength and balance and confidence.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform



- Engage and stimulate the physical, emotional and cognitive aspect of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Introduction to the Pelvic Floor

We will be looking at anatomy, understanding the role and functions of the pelvic floor muscles plus looking at other relevant anatomy. Understanding how yoga and breathwork can help strengthen and stabilise the area plus other benefits. Introduction to the main breathwork practice plus asana/movement to bring awareness and connection to the pelvic floor area.

Week 2 - Building Core Connection

Having connected to the pelvic floor in the previous week we are now waking up the core - the transversus abdominis (deep abdominals) and integrating them into our practice. We continue to use the breath and movement to locate, activate and relax the area and understand the relationship between these deep trunk muscles and the pelvic floor.

Week 3 - The Sacral Chakra (Svadhithana)

The previous weeks have seen us concentrate on the physical body, this week we are moving deeper into our practice by looking at the subtle, energetic body - The Chakra system. There are 7 main chakras situated on the spine. We will be diving into the watery Sacral Chakra, Svadhithana located in the pelvic bowl. 'Chakra' translates to 'spinning wheel'. We will explore how our physical, mental, emotional and spiritual bodies are affected when this chakra is both in and out of balance. Our yoga practice will be focused on balancing this chakra.

Week 4 - Mantra, Mudra & Bandha

This week we continue to work with the physical and subtle, energetic bodies through relevant mantra, mudra and exploring mulabandha, the root lock. We will use the beauty of sound, the vibrational healing of mantras and the non verbal, 'seal' or 'gesture' of the mudras with intention towards joy and peace. Mulabandha is translated to 'root lock' known more commonly in the western world as 'pelvic floor exercises' or 'kegels'. It is one of three main energy 'locks' in the body which control and lock the energy system, directing the flow of energy, life force or prana. We will use the combination of the above with breathwork and movement for a strengthening and flowing practice.

Week 5 - Focusing In

By this point we have explored the topic from many angles, the focus this week is to spend more time in the body rather than the mind. Less talking, we will flow through our pelvic floor focused practice using breathwork, asana (movement), meditation and relaxation followed by time to journal to gain further insight.

Week 6 - Closing Ritual

In our final week I invite you to make your yoga space into a beautiful ceremonial space. Bring candles, ornate bowls, colours of orange, and calming scents....anything you feel pays a nod to our topic of the pelvic floor and pelvis. You may want to bring last weeks journalling into the space. We will once again move through a flowing practice using a varied selection of the explored practices, sealing our learning with gratitude, health and wellbeing and closing the sacred space with love.

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Virginia Walker

Yoga and wellbeing expert

Expertise: Yoga, birth yoga

Virginia is a highly trained Yoga Instructor and Doula. She holds a 500 hour yoga qualification plus qualifications in other specialist areas.

Her classes aim to energise and balance by focusing on alignment in poses.

She has designed her practice to develop strength and flexibility, bring clarity and calm and finish each class with a restored and focused mind.

"Yoga is for every-body"

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6

