

WELCOME TO CELEBRITY NUTRITIONIST & CERTIFIED
YOGALATES INSTRUCTOR
SHONALI SABHERWAL'S
STRENGTHEN YOUR PELVIC FLOOR WORKSHOP
VIA INSTAGRAM LIVE HELD VIA A PRIVATE GROUP



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WHAT IS THE PELVIC FLOOR?

The foundation of all support for a woman's internal organs (bladder, spleen, urethra, uterus, colon) in the uterine area and abdomen area is her pelvic floor. The pelvic floor is made up of a group of muscles and ligaments that need to be strengthened, just as you would strengthen any muscles (at any age). However, because we do not see the pelvic floor, we women neglect these muscles and ligaments that make up the pelvic floor. You can face the issues mentioned below when you are older, if your pelvic floor is not strengthened.

WEAK PELVIC FLOOR: ISSUES THAT COULD OCCUR

1. Bulging/protruding abdomen, often not understood or resolved. By strengthening the pelvic floor you will eventually help strengthen your core, getting flatter abs in the long run .
2. Leaking of urine in perimenopause when coughing, sneezing or engaged in an activity.
3. Prolapsed uterus, spleen, urethra through vagina.
4. Reduced vaginal sensation during intercourse.
5. Pain in the pelvis, anus, genitals or lower abdomen area.
6. Accidentally passing wind (gas).
7. Feeling your bowel movements are not complete.
8. Wanting to use the bathroom frequently.
9. Long-term constipation.
10. Unexplained lower back pain.



WHAT WILL THIS WORKSHOP OFFER?

Two 1 hour sessions

- **Session 1**: Instructional on how to engage pelvic floor: how to do it .
- **Session 2**: Demonstration of 3 exercises to strengthen pelvic floor and add to your daily routine [tips on how to keep pelvic floor engaged all the time] and Q & A

WHAT WILL YOU ACHIEVE THROUGH THIS WORKSHOP?

1. Knowledge and exercises used to strengthen your pelvic floor.
2. Engage the 'core' which protects you lower back and spine.
3. Prevent all the symptoms in the long-run listed above that stem from a weak pelvic floor.

Date of Live workshop: October 7th, 2023 from 3 - 5 pm
Live will be saved for the month of October, for those who cannot attend workshop or those who want to view again

COST: ₹ 3500 (inclusive of all costs)



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REGISTRATION PROCESS

Register via the '**mind body gyan**' page on www.soulfoodshonali.com (under shop) - for foreign nationals you may need to credit the bank account mentioned below directly, then send an email to shonaalii@macrobioticsindia.com or a screenshot with name, email address, instagram handle and screenshot of payment to whatsapp # 9820431224.

NOTE: After you pay, you can send a request to join @mind_body_gyan over Instagram, but you will be accepted a day before the workshop only.

Bank Account information

INDIAN OVERSEAS BANK-ISKCON BRANCH
SAVINGS ACCOUNT NO: 124501000010518
IFSC CODE: IOBA0001245.
SWIFT CODE: IOBAINBB128
ACCOUNT NAME: SHONAALII SABHERWAL



SHONALI

SHONALI'S CREDENTIALS

Shonali has trained in the Lousie Solomon (Australia) Yogalates method. She is a certified instructor in this method of Yogalates a combination of Yoga and Pilates. Her mastery over this method has helped her keep her core and pelvic floor strong.

MACROBIOTIC NUTRITIONIST & GUT HEALTH EXPERT

List of ailments, she has worked on: Irritable bowel disorder (Crohn's disease, ulcerative colitis, chronic constipation, GERD syndrome, leaky gut); fibromyalgia, cancer: rectum, colon, breast, lung, prostate, ovarian; cancer markers; skin issues (psoriasis, urticaria, skin glow, dark circles); thyroid; PCOD; depression (anxiety); OCD; hair fall; menopause; allergies; food intolerances; conditions associated with low immunity; weight loss/gain; diabetes.; autoimmune conditions.
Detailed list on soulfoodshonali.com

Recipient of Vogue 2020 'Best Nutritionist'
Times (of India) SheUnltd for Health food 2019



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