

Self-Care Sequence

Learn a wellness routine to boost lymphatic drainage, diaphragm and pelvic floor health and organ function.

Wed Dec 9th at 5:30 – 6:45 pm with Karen Claffey



What You'll Learn:

- ✓ Karen's 15-20-minute Lymphatic Drainage sequence that reduces edema, puffiness, congestion, increases circulation of lymph, blood, and venous flow.
- ✓ Powerful breathing exercises that support pelvic floor function to prevent or reverse urinary incontinence, pelvic organ prolapses, and benefit reproductive organ health. 10-15 minutes.
- ✓ Self-massage and pressure points to improve organ function. 5-10 minutes.
- ✓ Mindfulness and a grounding relaxation pose to integrate the benefits and foster healing. 10-20 min.
- ✓ Participants will also receive the exercises in PDF by email to do at home. Times will vary depending on your personal pace. The lymphatic sequence, breathing exercises and self-massage can be done all consecutively or separately.

What do I need to bring to this class?

Please bring your yoga mat. Water bottle. Optional: for those who prefer to do this class seated, please bring your own portable folding chair, and yoga mat for grip.

How to Register

Etransfer \$35 including HST to admin@heaven-onearth.ca (note there is a dash after heaven). Minimum 5 and maximum 12 participants. Pre-registration is required to reserve your space.