



## Shelly Prosko: Enhancing Pelvic Floor Health Through An Embodied Practice



Shelly Prosko is a Canadian physiotherapist, yoga therapist, author, speaker and educator advocating for the integration of yoga into the modern healthcare system. Explore movements and visualizations to increase your awareness of, and connection to, the pelvic floor.

**TOP EMBODIMENT TIP:** Find your portal: It could be breath, it could be grounding at your feet, it could even be something intellectual like a mantra. Find what works for you as a portal to bring you back to the present.

### Pelvic Floor Anatomy:

- The pelvic floor is not like a hammock, as we used to think. **The pelvic floor muscles are shaped more like a dome.** It's not as high as the respiratory diaphragm but there is some tone, some support and integrity which is important to note when we do our practices.
- **The respiratory diaphragm and the pelvic floor work together.** When we inhale the diaphragm and the pelvic floor go down. When we exhale they rise back up.
- **Factors influencing pelvic floor health** include tissue injury, alignment, breathing, neuromotor timing, nutrition, hormones, mental/emotional health, state of nervous system and our level of awareness.

### The Pelvic Floor Has Many Roles:

- **To support the pelvic organs.**
- It connects the pelvis to the sacrum.
- It promotes bowel and bladder health.
- **And sexual health.**
- It aids the hip function.
- It helps in voice production.
- It is linked to our breathing.
- It is a core strategy system.

### Resources

- ❖ **Website:** [Physioyoga.ca](https://physioyoga.ca)
- ❖ **Youtube:** [Shelly Prosko](https://www.youtube.com/channel/UCzKpR01aXwM5K3d3d3d3d3d)
- ❖ **Facebook:** [Prosko PhysioYoga Therapy](https://www.facebook.com/prosko.physioyoga.therapy)
- ❖ **Instagram:** [Shelly Prosko \(@proskoyoga\)](https://www.instagram.com/proskoyoga)

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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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