

WOMEN'S PELVIC HEALTH BODYWORK SESSIONS

(Suzi Zobrist, LMT @ Orcas Mandala Yoga & Bodywork Studio)

Suzi Zobrist, LMT, offers an innovative new bodywork modality for women's health and pelvic wellness. Using an integrative approach, Suzi supports women who are experiencing pain or dysfunction in the pelvis or pelvic floor from birth, trauma, surgery or other imbalances.

Pelvic Health Bodywork is preventive self-care and a restorative treatment. The sessions bring strength and vitality to your core, help resolve imbalances in the pelvic bowl, provide relief from prolapse, pelvic pain, postpartum muscle imbalances, incontinence, diminished libido, general disconnect, and enhance the well-being of your sensual and sexual core and ability to receive pleasure. It can improve symptoms experienced with a variety of female specific health complaints, as well as provide support during the multitude of transitions that a woman encounters throughout her life.

Pelvic Health Bodywork may includes hands-on visceral work and fascial release, breathwork and visualization tools, client education about self-care protocols, trauma counseling, support for lifestyle and nutritional changes, movement practices and active relaxation tools.

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