

# Pelvic Organ Prolapse

Heaviness in the pelvic, abdomen or vaginal area are common symptoms with pelvic organ prolapse, as well as with other pelvic floor dysfunctions. These poses use gravity eliminated postures to reduce pressure and pain from the pelvic floor. They also aide in calming the nervous system, which helps with pain management. Hold each pose for 6-10 breaths, working into longer holds.

