

womens health series

pelvic floor health



Combining the knowledge and practices of Yoga and Physiotherapy

Join Yoga Therapist Katie Garnett and Physiotherapist Sarah Olszewski to learn more about Pelvic Floor Health.

Sarah will discuss Pelvic Floor Health from a physiotherapy perspective. You will have the opportunity to have an ultrasound of your pelvic floor in the privacy of the yoga studio while we break for afternoon tea. The ultrasound will give you insight on the functionality of your pelvic floor and Sarah can help guide you in correcting any dysfunction. Following afternoon tea, Katie will guide the group through a series of yoga techniques that can be used in daily life (outside of a yoga practice) to help strengthen and relax the pelvic floor region.

Katie Garnett - KatieYoga **Yoga Therapist, Teacher and Teacher Trainer**

MProfComms, GradDipEd(Sec), BA(Multimedia Design), DiplVTngAssmnt, CertIVTngAssmnt

Katie Garnett is Yoga Teacher, Yoga Therapist, Yoga Teacher Trainer and Vice President of Yoga Australia. Katie is passionate about mental, physical, social and emotional wellbeing. She strives to empower individuals with knowledge and strategies to take charge of their health and wellbeing. Katie teaches alignment-focused yoga through which she interweaves yogic philosophy and teachings. She structures her classes around specific learning objectives to enhance her client's experience, and deepen their yoga practice and knowledge. Katie's interests include ensuring yoga accessible to all ages and abilities, using the practice to build strength and stability, offering a sustainable yoga practice and fostering community around the practice of yoga.

Sarah Olszewski - Latitude 33.7 Physiotherapy **Physiotherapist**

BSc (Physiotherapy), Grad Cert Continence Promotion and Management

After graduating Curtin University in 2007, Sarah moved interstate and enjoyed a working holiday in Tasmania where she took a rotational position at the North West Regional Hospital in Burnie. She worked variously in paediatrics, musculoskeletal, women's health, hydrotherapy, orthopaedics and the intensive care unit. On return to the West, Sarah made the transition into private practice and worked for many years at Kelmescott Physiotherapy and more recently in the detention system. It was at this time she was awarded a scholarship that let her attain a Graduate Certificate in Continence Promotion and Management. She has recently received a scholarship from Rural Health West in the Conservative Management of Pelvic Organ Prolapse at the University of Adelaide.

Sarah moved to the lovely South West in 2016 and opened up her own practice. Cape to Cape Physiotherapy merged with Latitude 33.7 Physiotherapy in 2017. Her areas of interest include Pilates, Continence and Women's Health, headaches and neck pain, sporting injuries and treating injured workers.

