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Pelvis Wellness Toolkit

Whole Woman Wellness:

Our Bodies, Ourselves
<https://www.ourbodiesourselves.org/>

Uma Dinsmore-Tuli *Yoni Shakti*
<https://yonishakti.co/>

Alexandra Pope & Sjanie Hugo Wurlitzer—*Wild Power*
<https://redschoo.net/wildpower/>

Dr. Jolene Brighten *Beyond the pill.*
<https://drbrighten.com/beyond-the-pill/>

Maya Dusenbery *Doing harm.*
<https://www.mayadusenbery.com/book/>

Pelvis Wellness:

Blandine Calais-Germain *The Female Pelvis*
<https://www.calais-germain.com/>

Isa Herrera *Female Pelvic Liberation*
<https://pelvicpainrelief.com/>

Tami Kent *Wild Feminine*
<http://www.wildfeminine.com/>

Birth Prep and Post-Partum Wellness:

Kimberly Ann Johnson—*The Fourth Trimester*
<https://www.magamama.com/>



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Cervical Wellness:

Denell Nawrocki—Cervical Wellness
<http://www.cervicalwellness.com/>

Endometriosis:

Abby Norman *Ask Me About My Uterus*.
<https://www.abbynormanwriter.com/book>

PCOS:

Alisa Vitti *Womancode*
<https://www.floliving.com/>

Alignment:

Katy Bowman—Nutritious Movement, *Move Your DNA*, *Diastasis Recti*, etc
<https://www.nutritiousmovement.com/>

Kathleen Porter *Natural Posture for Pain-Free Living*
<https://naturalposturesolutions.com/>
<https://www.kathleenporter.com/>

Abdominal Massage:

The Arvigo Techniques of Maya Abdominal Therapy®
<https://arvigotherapy.com/>

Barbara Loomis
<https://nurturance.net/>

Myofascial Self Massage:

Jill Miller—The Roll Model®
<https://www.tuneupfitness.com/therollmodel>



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Yoga:

Leslie Howard—Pelvic Floor Yoga™ *Pelvic Liberation*
<http://lesliehowardyoga.com/>

Judith Hanson Lasater—Relax and Renew® Restorative Yoga *Relax and Renew*
<https://www.judithhansonlasater.com/study-online>

Uma Dinsmore-Tuli—Well Woman Yoga Therapy
<https://yonishakti.co/training/well-woman>

Yoga Nidra Network
<https://www.yoganidranetwork.org/>

Trauma:

Jessica Shaffer—Nervous System Reset
<https://nervoussystemreset.com/>

Emotional Freedom Technique (EFT or Tapping)
<https://www.eftuniverse.com/>

The Tapping Solution
<https://www.thetappingsolution.com/>

It is important for every woman to be assessed by a health care practitioner to rule out any significant pathologies. This is a reference list and it in no way includes every resource on this topic. It is not an endorsement that any of these resources will resolve every woman's symptoms. But, one or more of these resources will offer the ideal knowledge and/or treatment option for many women. It is my intention to make this information available and accessible so that no woman experiences pain or dis-ease due to lack of access to information. I have personally learned from most of these women and I hope that one of them will help guide you on your journey to experience more ease in your body.



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