

Kapama, South Africa

June, 2015



Another brilliant Kapama adventure was held in June 2015. “Treating pelvic girdle pain, pelvic floor dysfunction, diastasis transversus abdominus: New Perspectives” was presented by the wonderful team of Diane Lee, Holly Herman, Chelsea Lee and Karen San Andreas.

For four hours each day, we searched for the “driver” with Diane, Holly, Chelsea and Karen, and also spent six hours a day searching for, and finding, the most amazing animals. There were lots of amazing sunsets, scenery, food and laughs. It doesn’t get any better than this!

