CHRISTMAS SPECIALS

Our WHTA once per year SALE is on!

ENROL BY DEC 31ST

Pay by 30th Jan 2027





!! ENROLMENTS OPEN !!

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CHRISTMAS SPECIALS

enrol by Dec 31st and pay by 30th Jan 2027
to receive amazing discounts!

LIVE ONLINE + Recording

4 x 4hr Sessions: Mar ; May ; Aug ; Oct 2027

		AUD CHRISTMAS OFFER	AUD REGULAR PRICE
2027 MEMBER RESEARCH UPDATE PF in Pregnancy & Early PP *NEW *	16hrs	$440	$550
CAFFEINE, CHOCOLATE & HORMONES addit. research update session *NEW *	4hrs	$110	$135

PRE-RECORDED

available now

		AUD CHRISTMAS OFFER	AUD REGULAR PRICE
BIRTH CHOICES (L3)	15hrs	$440	$575
SR BLADDER DIARY ANALYSIS (L2)	4hrs	$99	$135
ADV PESSARY TRAINING & UPDATE	6hrs	$165	$220



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CHRISTMAS SPECIAL

*** WHTA MEMBER ONLY ***

2027 RESEARCH UPDATE

Pregnancy & Early Postpartum

S1 - MAR	S2 - MAY	S3 - AUG	S4 - OCT
Prediction and Prevention	OASI Mx	UI, POP & Vaginal Laxity	Impact of Ex on the PF

each session is 4 hours with 2x live online options + recording

	PRICE (AUD)	REGISTER BY	PAY BY
CHRISTMAS OFFER!!	**$440**	**31 Dec 2026**	**30 Jan 2027**
Early Bird Price	**$495**	31 Jan 2027	28 Feb 2027
Regular Price	**$550**	after 31 Jan	within 1 week



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2027 Research Update

Pregnancy and Early Postpartum

Detailed Course Information

WHTA
Women's Health
Training Associates

WHTA Research Update 2027

PELVIC FLOOR during PREGNANCY and the 1st YEAR POSTPARTUM

DETAILS - SESSION 1

Predicting and Preventing Birth-related PF Trauma Antenatally

OPTION 1 - SYDNEY, AUS TIME		OPTION 2 - SYDNEY, AUS TIME	
Sunday 14 Mar 8am - 12pm		Sunday 21 Mar 7pm - 11pm	
TIME CONVERSIONS		**TIME CONVERSIONS**	
Los Angeles, USA	Saturday 13 Mar 1pm - 5pm	**Los Angeles, USA**	Sunday 21 Mar 1am - 5am
New York, USA	Saturday 13 Mar 4pm - 8pm	**New York, USA**	Sunday 21 Mar 4am - 8am
London, UK	Saturday 13 Mar 9pm - 1am	**London, UK**	Sunday 21 Mar 8am - 12pm

DETAILS

An exciting and ever growing area of pelvic floor research, this session will review not only the latest research on antenatal assessments that can help predict which women may be at high risk of pelvic floor trauma during birth, but also the exciting new research showing certain antenatal physiotherapy interventions can reduce the chance of avulsion and perineal tears!

WHTA Research Update 2027

PELVIC FLOOR during PREGNANCY and the 1st YEAR POSTPARTUM

DETAILS - SESSION 2

Management of OASI in the 1st Year Postpartum

OPTION 1 - SYDNEY, AUS TIME		OPTION 2 - SYDNEY, AUS TIME	
Sunday 16 May 8am - 12pm		Sunday 23 May 5pm - 9pm	
TIME CONVERSIONS		**TIME CONVERSIONS**	
Los Angeles, USA	Saturday 15 May 3pm - 7pm	**Los Angeles, USA**	Sunday 23 May 12am - 4am
New York, USA	Saturday 15 May 6pm - 10pm	**New York, USA**	Sunday 23 May 3am - 7am
London, UK	Saturday 15 May 11pm - 3am	**London, UK**	Sunday 23 May 8am - 12pm

DETAILS

We will start by looking at the new guidelines on OASI management, then continue on by looking at individual research papers on early OASI care, management through the first year postpartum, when to be suspicious of an occult anal sphincter injury, and when to consider a secondary repair.

WHTA Research Update 2027

PELVIC FLOOR during PREGNANCY and the 1st YEAR POSTPARTUM

DETAILS - SESSION 3

Urinary Incontinence, Prolapse & Vaginal Laxity in the 1st Year Postpartum

OPTION 1 - SYDNEY, AUS TIME	OPTION 2 - SYDNEY, AUS TIME
Sunday 22 Aug 8am - 12pm	Sunday 29 Aug 5pm - 9pm

TIME CONVERSIONS		TIME CONVERSIONS	
Los Angeles, USA	Saturday 21 Aug 3pm - 7pm	**Los Angeles, USA**	Sunday 29 Aug 12am - 4am
New York, USA	Saturday 21 Aug 6pm - 10pm	**New York, USA**	Sunday 29 Aug 3am - 7am
London, UK	Saturday 21 Aug 11pm - 3am	**London, UK**	Sunday 29 Aug 8am - 12pm

DETAILS

The first year postpartum is a unique window in terms of UI, POP and sexual dysfunction, due to factors such as birth induced pudendal neuropathy, birth induced PFM trauma, and the impact of genitourinary syndrome of lactation. This session will therefore review the latest evidence on the management of UI, POP & sexual dysfunction specifically in the first year post-partum.

WHTA Research Update 2027

PELVIC FLOOR during PREGNANCY and the 1st YEAR POSTPARTUM

DETAILS - SESSION 4

Impact of Exercise on the Pelvic Floor in Pregnancy and Early Postpartum

OPTION 1 - SYDNEY, AUS TIME	OPTION 2 - SYDNEY, AUS TIME
Sunday 10 Oct 8am - 12pm	Sunday 17 Oct 6pm - 10pm

TIME CONVERSIONS		TIME CONVERSIONS	
Los Angeles, USA	Saturday 9 Oct 2pm - 6pm	**Los Angeles, USA**	Sunday 17 Oct 12am - 4am
New York, USA	Saturday 9 Oct 5pm - 9pm	**New York, USA**	Sunday 17 Oct 3am - 7am
London, UK	Saturday 9 Oct 10pm - 2am	**London, UK**	Sunday 17 Oct 8am - 12pm

DETAILS

Historically, pelvic health clinicians often discouraged early return to exercise and sport after birth, for fear of placing excessive strain on healing pelvic floor tissues and ultimately causing UI and prolapse. But was this fear really justified? This session will provide participants with a review of the latest research on the benefits vs risks of early return to sport / exercise soon after birth, with consideration to the unique and differing circumstances of different women.

WHTA Research Update 2027*

*general pelvic floor session (not pregnancy and post partum)

OPTIONAL ADDITIONAL SESSION



Caffeine, Chocolate & Hormones

ADDITIONAL FEE (AUD)
christmas special $110
regular price $135

OPTION 1 - SYDNEY, AUS TIME		OPTION 2 - SYDNEY, AUS TIME	
Sunday 18 Jul 8am - 12pm		**Sunday 25 Jul 5pm - 9pm**	
TIME CONVERSIONS		**TIME CONVERSIONS**	
Los Angeles, USA	Saturday 17 Jul 3pm - 7pm	**Los Angeles, USA**	Sunday 25 Jul 12am - 4am
New York, USA	Saturday 17 Jul 6pm - 10pm	**New York, USA**	Sunday 25 Jul 3am - 7am
London, UK	Saturday 17 Jul 11pm - 3am	**London, UK**	Sunday 25 Jul 8am - 12pm

DETAILS

An additional research update session (but not pregnancy / postpartum related) specifically on caffeine! We will begin by reviewing the research on the link between caffeine and OAB symptoms, Bowel Cancer, and Iron/Ferritin levels, and then review what we now know on the impact SSRIs, Antibiotics, OCP, HRT, Liver Disease and Smoking cessation on caffeine clearance.

Don’t miss out!

Enrol now!

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Christmas Special ends 31st Dec 2026

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