

PELVIC HEALTH AND AWARENESS WORKSHOP



The pelvic floor is involved in many basic life functions as varied as digestion, elimination, reproduction, breathing and balance. A healthy pelvic floor promotes greater health in all of these areas. The pelvic floor works to support the support of the hips and back. Join us to **discover** through gentle movement lessons how to improve the functioning of your pelvic floor as you find improvement in:

- **Power** of walking
- **Balance**
- **Relief** from back pain
- **Support** of pelvic organs

Class size is limited to 10, so **sign up early**

Tuition: \$70,

Early Bird Registration: \$55 by June 6th

Presented by Susan Miller, RN, CFT, MBS

Karen Ingebrigtsen, CFT, CEES

Where and When:

June 16th, 2012 1pm-5pm



Joy of Being Yoga Studio in Moss Beach

To resister, contact Susan at: millersusan50@comcast.net, or 650 355 7959.

Please provide your phone number for confirmation call

Photo by John Curley