



DEMYSTIFYING “DOWN THERE”

The Female Pelvic Floor

A Workshop for Women

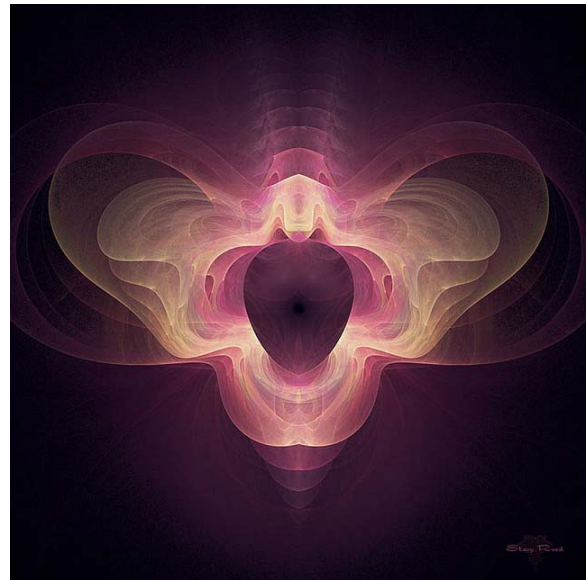
with **Leslie Howard**

Lila Wellness

Saturday, November 19, 2011

1:00p.m. -4:00p.m.

\$60 before 11/18, \$70 day off.



Proper strengthening and stabilizing of the pelvic floor helps to create the correct foundation of each movement in the body. This is the true meaning of "core work." Whether you experience any of these conditions, or are just plain curious about this region of the body, this workshop is for you:

- *pelvic pain
- *lower back, hip or groin problems
- *discomfort during sex or while using tampons
- *skin irritation
- *leak when laughing or sneezing
- * have to go the bathroom too often
- *prolapsed organs
- * pregnancy and birth

In this workshop we will locate, assess, soften, stretch, strengthen and exercise the various muscle groups of the pelvic floor, discuss mula bandha, abdominal health and how to utilize the pelvic floor in asana.

The afternoon will begin with anatomy, lecture and discussion, followed by subtle experiential movements to awaken your understanding of this often ignored area. A series of specific exercises and asanas for the pelvic floor will follow. Time permitting, asana that spotlights the pelvis and hip joints will be practiced. Handouts will be provided. Bring your friends, sisters, mothers and daughters. Although helpful, no previous yoga experience is required. This workshop qualifies for continuing education credits with Yoga Alliance.

Leslie Howard has over 2500 hours of yoga study. Her primary teacher is Ramanand Patel. Leslie has been practicing and teaching for over fifteen years in NYC and the San Francisco Bay Area. She is a presenter for the Yoga Journal Conferences and is featured in the documentary, "Yoga Woman". Check out her bio at lesliehoward yoga.com. If you questions or concerns call 415-823-1699 or e-mail lesliehoward yoga@gmail.com



Register with Mia Borgatta at [917-407-6840](tel:917-407-6840) Workshop held at Lila Wellness, 302 Bowery New York, NY 10012. Pre-registration and pre-payment guarantee a spot. NO refunds for this workshop 48 hours prior.