

A HEALTH AND WELLNESS WORKSHOP FOR WOMEN With Leslie Howard

Saturday 10/21 2:30-5:30pm Sunday 10/22 12-3pm

Pelvic Floor Anatomy and Therapeutic Application of Yoga and Pranayama for Pelvic Conditions

Develop an understanding of pelvic anatomy through lecture, asana and pranayama. If you experience any of the following conditions, or just curious about this region of your body, this workshop is for you:

*pelvic pain, prolapse *peri/post menopause *leak when laughing or sneezing
*hysterectomy *discomfort during sex * have to go the bathroom too often.

The workshop will begin with an anatomy lecture and discussion about mula bandha, abdominal health and how to utilize the pelvic floor. We will locate, stretch and strengthen the muscle groups of the pelvic floor followed by subtle movements to awaken your understanding of this often ignored area. A series of specific exercises and asanas will follow. No yoga experience necessary and hours will be provided.

Bio: Leslie Howard, an Oakland-based yoga teacher specializing in all things pelvic for women. She leads workshops and trainings nationally and internationally. Healing her own hips and pelvis led her to intense study of the anatomy and physiology of this vital bodily structure. She designed a successful study for UCSF on yoga for incontinence and recently received a grant to study yoga for pelvic pain. Her teaching is informed by over 3000 hours of yoga study with senior Iyengar yoga teachers. She is a presenter for the Yoga Journal Conferences and is featured in the documentary, "Yoga Woman". She has online videos at pranamaya.com and yogauonline.com.

**Studio 87 Yoga & Tai-Chi
South Peachtree St.
Norcross 30071**

To register donna@studio87yoga.com or call/text 770.841.9086
www.studio87yoga.com

WORKSHOP FEE \$150