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# The Root of All Things: Pelvic Floor Yoga™

Teacher Training for Women Only  
with Leslie Howard

May 5 - 9, 2018 noon - 4:30pm

**Cost \$625 before 4/21, \$675 After**

This 20 hour training is for experienced yoga teachers, health care professionals, midwives, doulas, fitness trainers, massage therapists and just plain curious practitioners of yoga that want to deepen their practice. There are required texts. You will learn:



- Current understanding of the pelvis, sexuality, misconceptions and modern medical care
- Anatomy of the pelvis, hips and gluteus muscles and their roles in pelvic health
- How posture affects the pelvic floor
- Identifying hypertonic vs. hypotonic muscles and the difference between a strong muscle and a tense muscle
- The role of breath and emotion in the pelvic floor
- How to teach breath and asana to students who need to build tone and those who have too much tone in the pelvic floor muscles
- Yoga for the pelvic floor during all stages of pre and post natal
- Yoga for menopause
- Anatomy and care for the male pelvis such as prostate issues, incontinence, sexual dysfunction

There is an optional project for certification after the program for an additional fee, contact Leslie for details.

Leslie Howard is an Oakland-based internationally-acclaimed yoga educator who pioneered the growing field of yoga for pelvic health. *Sonima Health* named her one of the top 50 yoga instructors in the USA. Leslie leads Pelvic Floor Yoga™ certification trainings and other workshops across the United States and internationally. Her teaching is informed by over 3,500 hours of study with senior Iyengar yoga teachers including Manouso Manos, Patricia Walden, and Ramanand Patel. In 2013, Leslie, with contributions from Judith Lasater, co-designed two successful studies at UCSF medical center that demonstrated the effectiveness of her yoga techniques for incontinence and pelvic pain. Leslie's own struggles to heal her hips and pelvis led her to intense study of the anatomy, physiology, cultural messaging, history and energetics of this complex area of the body. Her new book, *Pelvic Liberation*, is available through Amazon. To find out more about Leslie, go to [www.lesliehowardyoga.com](http://www.lesliehowardyoga.com)

To register: [donna@studio87yoga.com](mailto:donna@studio87yoga.com) 770.841.9086

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