

The Essential Pelvic Floor: A workshop on pelvic health and function integrating Feldenkrais®, Yamuna Body Rolling®, Yoga and Physical Therapy



The pelvic floor is an intimate area of the body yet its function and health is a mystery to many of us. This workshop will introduce what healthy pelvic floor function is as well as how you can improve and maintain your pelvic health and function.

**Taught by: Jane Burdick, GCFP®, Lesley Hoey, DPT
and Jennifer Cooper, CYT**

The Yoga Center
449 Forest Ave Plaza
Portland, ME

October 14
1 pm - 5 pm
\$75

Register at www.maineyoga.com

Questions: Contact Jennifer at 207-774-YOGA (9642)