

Pelvic Health Workshop

Improve pelvic awareness & function



Improve bladder control

Manage back and pelvic pain

Improve sexual function and hip issues

Saturday 3 October 2-4:00 pm, Online, \$55

The workshop is based on the Feldenkrais Method, a powerful movement based learning system designed to improve posture, movement and comfort. It builds on kegel pelvic floor exercises, using a combination of breathing, pelvic and abdominal muscle activation in conjunction with whole body functional movements. The workshop includes a series of gentle guided awareness through movement classes, mostly lying on the floor. Suitable for both men and women of any age.

Bookings essential as limited numbers

Contact Anna on 0408 155 031 for Zoom link

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<http://steptowardshealth2.ntpages.com.au>

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