

# A Better Functioning Pelvic Floor

*A workshop in the Feldenkrais Method with Dr Joanna de Burgh*



As with so many other things, we only miss our pelvic floor function when it's gone. This workshop aims to restore confidence through improved awareness and performance of the many functions of our pelvic floor. Balance, stability, posture, breathing, continence, sexual. We will briefly discuss nutrition as it affects muscle, bladder and bowel function. Great for back pain as the various players re-join the support team.

The workshop, in the hall behind All Saints Church, Macquarie St, South Hobart, will be in two halves, on two Wednesday evenings, 6<sup>th</sup> and 13<sup>th</sup> March, 5.45 -8.15pm. Suitable for everyone. Enrolment essential.

The Feldenkrais Method uses small, slow, quiet movements done at your own pace. We co-ordinate patterns of movement. The group is small allowing personal attention. The focus is on what the group members want to learn, improving and maintaining function. We refine our awareness of what we need to do for our own good health and sense of satisfaction. Bring your curiosity and your questions.

For information about the Feldenkrais Method – see [www.feldenkrais.org.au](http://www.feldenkrais.org.au)

Cost: \$90, pre-paid \$85. Early bird pre-paid and bring a friend \$80.

Further information, enquiries and enrolment: [joannadeburgh@gmail.com](mailto:joannadeburgh@gmail.com) or 0437 468 064