



Pelvis: Power, Pleasure & Poise

Saturday 21 March 2020, 1-5pm

Ralph Hadden^{CFP} continues his series of workshops on neurosensory exercises for the pelvis. Awaken and release the pelvis, pelvic floor, hips and buttocks. Recover the natural coordination of the pelvis with the whole body.

- Clarify and tone your pelvic floor.
- Coordinate your core with the pelvis, low back and legs.
- Mindful release of unconscious habits of tension and restriction.
- Create flowing ease in your hip joints.
- Understand pelvic functional anatomy
- Enhance and enliven your work, play, yoga, dance, lovemaking

Format: Gentle self-movement activities done sitting or lying on the floor. 80% movement, 20% information, discussion

Who for? Suit beginners and continuing students, all levels of ability/inability. Adults of all ages, sizes, shapes.

CAE, 253 Flinders Lane, Melbourne

\$90, early bird \$70 before 29 February

themovingmindcentre.com

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