



Pelvic Floor Power

Improve the function of your pelvic floor at any age or stage of your life with the Feldenkrais Method®

In this half-day workshop for Women, you will discover your ability to -

- * Connect your pelvic floor to a supple, flexible use of your back
- * Find comfort and power through any stages of life - pregnancy, post birth, menopause and beyond
- * Increase or enhance sexual enjoyment
- * Better manage those moments of urgency
- * Integrate pelvic floor awareness into enjoyable 'whole-body' movement

Gain confidence and an improved self-image using this non-invasive, gentle, embodied approach to pelvic floor health

Date: Sunday November 16th 2014
Venue: 'Yoga Peace' Cnr Burringbar & Stuart Street Mullumbimby
Time: 12:30 pm registration for 1:00 - 5pm Starting promptly
Cost: \$ 79 earlybird \$99 at the door, **SPECIAL** book 2 earlybirds save \$20
Bookings: Kimberley 02 66884453 queenkangaroo@hotmail.com
Information www.theboymoves.com.au DonnaRose info@thebodymoves.com.au

SECURE YOUR PLACE

<http://www.eventbrite.com.au/e/pelvic-floor-power-with-the-feldenkrais-method-nsw->