



Pelvic Floor Power

You don't want to leave something like this to chance!

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

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

Gain confidence using a gentle, embodied approach to pelvic floor health, with the Feldenkrais Method^{®}**

****Health fund rebates may apply**

Date:	Sunday 28 th September 2014
Venue:	Harmony Body & Mind Centre, 14 Billabirra Cres, Nerang
Time:	12.15pm registration for 12.30pm – 4.30pm
Cost:	\$65 pre-paid single, Group of 4 tickets \$195, \$75 at door
Bring:	Yoga mat and large towel
Bookings:	Donna-Rose 0412563093 or drmcaneney@gmail.com
Limited places. Bookings essential.	