

# PELVIC FLOOR

FOUNDATION TO A STRONG CORE

Casa de Luz  
Sat., Dec 6, 2014  
1:30 - 3:30 pm  
\$20 - \$40 (sliding scale)  
Sign up for this workshop today:  
512.791.6597



A healthy pelvic floor is crucial for men and women at all stages of life. Bringing tone and vitality to muscle and connective tissue this area is fundamental to overall core health. *This workshop is appropriate to men and women.*

### In this workshop learn how:

- a strong pelvic floor helps relieve lower back pain and shoulder tension
- a supple pelvic floor improves balance
- to stimulate and activate deep muscles and tissue integral to suspension
- to apply "The Body's Way" knowledge to "Your Body's Way"

### Gain these tools:

- 5 developmental moves to feel better
- anatomy of the pelvic floor & core
- greater ease walking (gait training)

**Experience** Pilates Technique and Nia Technique movement to increase body knowledge.

**Bring** your curiosity, water, a yoga mat and a hand towel.

**Dress** comfortably enough to move arms and legs.

### ORGANIZERS:



**Shannon Rashap, MA**  
[www.clearpointwellness.com](http://www.clearpointwellness.com)  
Biomechanics and Movement Specialist, Certified Pilates Teacher, Active Stretch Therapist  
Shannon combines personal instruction with hands-on guidance to help clients integrate their knowledge with a heightened physical awareness.

**Julie Wylie**  
[www.julieannwylie.com](http://www.julieannwylie.com)  
Nia Training Faculty Member and 1st degree Nia Black Belt Teacher, Conscious Personal Trainer  
Julie combines her passion for personal connection with kinesthetic body knowledge to inspire her clients toward pleasure based movement choices.

