

PELVIC FLOOR

FOUNDATION TO A STRONG CORE

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

Casa de Luz

Sat., Aug 22nd, 2015

1:30 - 3:30 pm

\$30 - \$40 (sliding scale)

(512) 791-6597



Workshop Experience & Take Aways:

- Learn how a strong pelvic floor help relieve lower back pain and shoulder tension.
- Activate deep muscles and tissue integral to suspension.
- Increase balance applying "The Body's Way" knowledge of a supple pelvic floor to "Your Body's Way."
- 5 Developmental Moves to feel better.
- Anatomy of the pelvic floor and core.
- Greater ease walking. (gait training)

Workshop "Somatic Education" includes:

- Nia Technique®
- Biomechanics and Movement Methods
- Active Stretch Therapy
- Pilates Technique

Bring Mat. Blanket. Towel and/or Pillow for support to be comfortable lying on the floor. Water and your curiosity.

Dress Layered Clothing including socks.

MEET the WORKSHOP FACILITATORS:

Nia Somatic Educator

Julie Ann Wylie
JulieAnnWylie.com



Biomechanics & Movement Specialist

Shannon Rashap, MA
ClearPointWellness.com

