

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.*

Mind Body Yoga

Sat., Aug 20th, 2016

2:00 - 5:00 pm \$45

advance registration \$35

mindbodyyogaaustin.com



MEET the WORKSHOP FACILITATORS:

Nia Somatic Educator

Julie Ann Wylie
JulieAnnWylie.com



Biomechanics & Movement Specialist

Shannon Rashap, MA
ClearPointWellness.com

