



Demystifying "Down There" **with Leslie Howard**

The Female Pelvic Floor
Saturday, June 4; 1:30-5:00pm
Fee: \$70



Proper strengthening and stabilizing of the pelvic floor helps to create the correct foundation of each movement in the body. This is the true meaning of "core work." Whether you experience any of these conditions (or are just plain curious about this region of the body) this workshop is for you:

- * pelvic pain
- * pregnancy and birth
- * prolapsed organs
- * skin irritation
- * leak when laughing or sneezing
- * discomfort during sex or while using tampons
- * lower back, hip or groin problems
- * have to go the bathroom too often

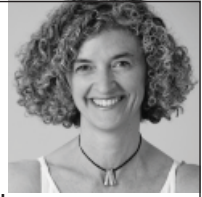
Before change is possible, you must be able to visualize, find and access the muscles of the pelvic floor. In this workshop we will locate, assess, soften, stretch, strengthen and exercise the various muscle groups of the pelvic floor, discuss what mula bandha is (and is not), abdominal health and how to utilize the pelvic floor in asana.

Hip Openers
Sunday, June 5; 1:30-5:00pm
Fee: \$70

Hip openers are an opportunity to learn patience and cultivate awareness...we habitually store stress and hold emotions in the hip area and sometimes are not even aware of it. In this workshop, Leslie will help you be more aware of your holding patterns, and introduce a safe and methodical way to create space in and around your hips and femurs so they feel spacious and move more freely. We will move through familiar postures with perhaps an unfamiliar focus on the pelvic floor and the inner and outer hip muscles. Often working on the hips can alleviate sciatica and low back pain, and generate buoyancy in the spine and the center of the chest, the yoga heart.

About the Instructor

Leslie Howard has over 2500 hours of yoga study. Leslie has been practicing for over fifteen years in New York City and the San Francisco Bay Area, including fourteen years of teaching, workshops, and annual yoga retreats. She currently studies with Manouso Manos and Ramanand Patel.



She is a presenter for the Yoga Journal Conferences and is featured in an upcoming documentary "Yoga and Women".

Check out her complete bio at lesliehowardyoga.com. If you have questions or concerns call 415-823-1699 or e-mail lesliehowardyoga@gmail.com.



The workshop was fascinating...I have to say I really have never thought much about my pelvic floor and now I am glad to know it is there! Leslie was a great teacher and I think everyone there enjoyed it and learned a ton.

- Lisa M., M.D.



"WOW, the info from you has enlightened me on such a deep (literally!) level. Really seeing that my sacrum issues are emotional and how much the pelvic floor is involved..who'd a thunk? Thanks so much for the work you are doing, very powerful. "

- Jnana Gowen

REGISTRATION FORM

The Female Pelvic Floor Only Qty: _____ @\$70 each = \$ _____

Hip Openers Only Qty: _____ @\$70 each = \$ _____

Full Weekend Qty: _____ @\$130 each = \$ _____

Name(s): _____

Address: _____

Phone: _____ Email: _____

Check Enclosed \$ _____ Credit Card Visa or Mastercard
Card # _____ Exp Date: _____

Name on Card: _____ Signature: _____

Make checks payable to: The Yoga & Movement Center, 1379 Locust St., Walnut Creek, CA 94596
Cancellation Policy: Minimum 7 days notice prior to workshop date, a refund less \$10 handling fee will be given. No refund for cancellations received less than 7 days prior to workshop.