



The Piedmont Yoga Studio is pleased to present:

Demystifying "down there" Yoga & the Female Pelvic Floor

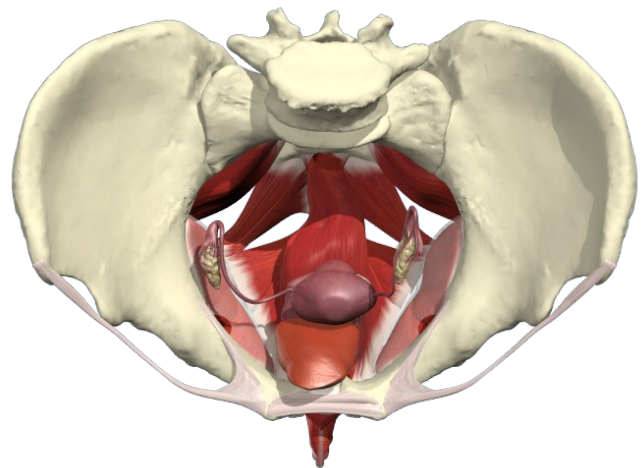
for Women Only
with Leslie Howard

Saturday, November 13, 2010

1:30 - 5:30 pm • Studio 2

\$65* by 11/6 \$70 thereafter

*\$10 discount if you've taken workshop before



Whether you have pelvic pain, lower back, hip or groin problems, discomfort during intercourse or using tampons, skin irritations, have to run to the bathroom too often, leak when you laugh or sneeze, have prolapsed organs, experiencing infertility, are about to have a baby or have recently had one or just plain curious about the lower regions of the female body, this workshop is for you. Bring your friends, sisters, mothers, and daughters. Although helpful, no yoga experience is required.

Before any change is possible you have to be able to visualize, find, and access the muscles of the pelvic floor.

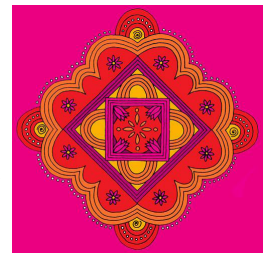
This workshop will cover:

- Locating and accessing
- Softening and stretching
- Strengthening and toning

Proper work of strengthening and stabilizing the pelvic floor helps to create the correct foundation of each movement in the body – THIS is the actual "core work" we need to understand – the abdominals must come after. Come find out what mula bandha is and is not. The morning will begin with lecture and discussion followed by subtle experiential movements to awaken your connection to this sometimes ignored area. There will be a series of specific exercises and asanas. Handouts are provided to help you retain what you learn.



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 Manousos Manos and Ramanand Patel. Her pelvic floor work is a result of intense self study and working with Susanne Kemmerer and Lizanne Pastore. She is a presenter at the Yoga Journal Conferences in San Francisco and is featured in an upcoming documentary "Yoga and Women". Check out her complete bio at lesliehowardyoga.com



Registration: Yoga for the Pelvic Floor with Leslie Howard

Fee: \$65 by 11/6, \$70 thereafter • Saturday, November 13, 2010 • 1:30-5:30 pm • Studio 2

Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____

E-mail address _____

Workshop fee: \$65. Cancellations prior to Nov. 6 will be refunded workshop fee minus a \$15 administrative fee. No refunds on or after Nov. 7.

Make checks payable to: Piedmont Yoga Studio and mail with this registration form to: Piedmont Yoga Studio, P.O. Box 11468, Oakland, CA 94611.