

Pelvic Health & Awareness

A Collaborative Workshop - Feldenkrais® and Yoga



This workshop is an innovative and effective program of exercises and education for and about the pelvic floor based on the Feldenkrais Method® and Yoga. The program is appropriate for both women and men of all ages. It is designed for improving bladder and bowel control and reducing back and pelvic pain. This program is also helpful in recovering from childbirth, abdominal, prostate or lumbar surgeries, as well as from traumas such as hip replacement and hip or leg fractures. It is also appropriate for any person who wishes to increase awareness and a sense of connection to one's own body.

The Feldenkrais Method® is a somatic education system that uses gentle movement and directed attention to reeducate the nervous system and enhance everyday functioning. Lead by Craig Stubbs .

Yoga is a discipline that assists in improving alignment, balance, strength and flexibility increasing control and concentration in a holistic way. Lead by Leah Wrobel .

April 16 & 17 (9am-1pm)

**Abundance Wellness Center / 325 John Knox Rd. Building T Suite 1
\$130**

For any questions and to sign up contact:

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