



DEMYSTIFYING “DOWN THERE”

The Female Pelvic Floor

A workshop for Women

with **Leslie Howard**

at Patty Miles Yoga, Murphys

Saturday, September 25, 2010

Noon – 3:00p.m. Workshop fee \$40



Whether you have pelvic pain, lower back, hip or groin problems, discomfort during intercourse or using tampons, skin irritations, run to the bathroom too often, leak when you laugh or sneeze, have prolapsed organs, 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 afternoon 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 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 questions or concerns call 415-823-1699 or e-mail lesliehowardyoga@gmail.com

Workshop held at Patty Miles Yoga, 821 Murphys Creek Rd., send checks to Patty Miles 1885 French Gulch Rd. Murphys CA 95247

Workshop fee is \$40. Questions call Patty at 209-728-8212 or Leslie at 415-823-1699. **Please make checks payable to Leslie Howard. If you have already attended a pelvic floor workshop there is a \$5 discount.**