



# Demystifying "Down There" Yoga and The Female Pelvic Floor with Leslie Howard at Spirit Moves Fee is \$50 Sunday, July 25, 2010 11:30 am— 2:30pm

Come discover why a healthy pelvic floor is more than doing Kegals. Problems related to the health of the pelvis are lumbar spinal problems, pelvic instability, sacroiliac, hip or sciatic pain, bladder weakness, and digestive, menstrual and sexual difficulties. This area can be too gripped, or too weak or both. THIS is the actual "core work" we need to understand. The abdominals must come after.

In this workshop:

- You will receive drawings and informational hand-outs
- You will learn to identify the pelvic floor muscles
- You will learn how to distinguish the three layers of the pelvic floor and how to soften and strengthen these areas.

You will leave with specific poses and exercises to increase the flexibility, strength, and coordination of each of the pelvic functions. This workshop is appropriate for ALL women, bring your daughters, sisters, mothers, grandmothers. You need no prior yoga experience to get something out of this workshop.

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 has been a presenter at the 2010 Yoga Journal Conference in San Francisco. She is also featured in an upcoming film "Yoga and Women". Check out her complete bio at [www.lesliehowardyoga.com](http://www.lesliehowardyoga.com)



Fee for the workshop is \$50, \$55 day of. Space is limited, please register early. No refunds day of. Please register and make checks payable to Leslie Howard and mail to Spirit Moves at 445 Savannah Highway, Charleston, SC 29407. Questions or concerns, call or email Leslie at 415-823-1699 or email at [lesliehowardyoga@gmail.com](mailto:lesliehowardyoga@gmail.com)