

Yoga and Your Pelvic Floor: A Workshop for Women

A healthy pelvic floor is crucial for optimum functioning of the body. Problems related to the health of the pelvic floor can include: pelvic pain, incontinence, or pelvic organ prolapse. This yoga practice will promote pelvic floor and core strength, flexibility, suppleness, and pelvic health.

Saturday, April 7, 2018

2:00 – 4:30 pm

The workshop will cover the anatomy, structure, and function of the pelvic floor using different models and images to understand its relation to everyday actions and basic yoga postures. We will learn how to effectively engage and release the pelvic floor, and we will practice activation and relaxation in various postures. We will integrate practices to address incontinence, prolapse, hypotonicity and hypertonicity. All women ages 18 – 99 are encouraged to come, yoga beginners are welcome.

**Inward Bound Yoga at the Friends Center
1420 Hill St, Ann Arbor, MI
\$45.00**

Marlene McGrath, the instructor, has been studying yoga for over 25 years, and teaching yoga for 18 years. marlenemcgrathyoga.com

Reserve your spot by sending a check for \$45 and registration slip below to Marlene McGrath, 735 Fountain St. Ann Arbor, MI 48103. Call (734) 276-7423 or email marlenemamayoga@yahoo.com for questions. Marlenemcgrathyoga.com

Name _____

Email _____

Phone _____

Date of workshop _____

Specific questions or issues
