



Eastover Professional Center  
1527 Eastover Place Suite 5  
Ann Arbor, Michigan 48104  
WWW.YOGAFOCUSANNARBOR.COM

## 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 or weakness, incontinence, or pelvic organ prolapse. This yoga practice will promote pelvic floor and core strength, flexibility, suppleness, relaxation, and pelvic health awareness.

**Saturday, April 6, 2019**

**2:00 – 4:30 pm**

**\$45**

(includes instructional booklet)

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 locate, effectively engage, and release the pelvic floor muscles. A series of yoga postures will be instructed to practice awareness of the pelvic floor. All women ages 18 – 99 are encouraged to attend including health professionals, yoga teachers, and those new to yoga.

Marlene McGrath, the instructor, has been studying yoga for over 25 years, and teaching prenatal, postnatal and general yoga classes for 20 years.  
marlenemcgrathyoga.com

Reserve your spot by sending a check for \$45 and registration slip below. For questions email Marlene at: marlenemamayoga@yahoo.com

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Send or bring to: YOGA FOCUS 1527 Eastover Place, Suite. 5, Ann Arbor, MI 48104

Name: .....

Address: .....

Email:.....phone:.....

Specific issues or questions.....

Workshop: .....amount paid:.....

Fee enclosed: (please make checks payable to the instructor, Marlene McGrath)