

PELVIC FLOOR & CORE RESTORE

w/ Lynn Geddes-Wolling

Saturday 10/21/17

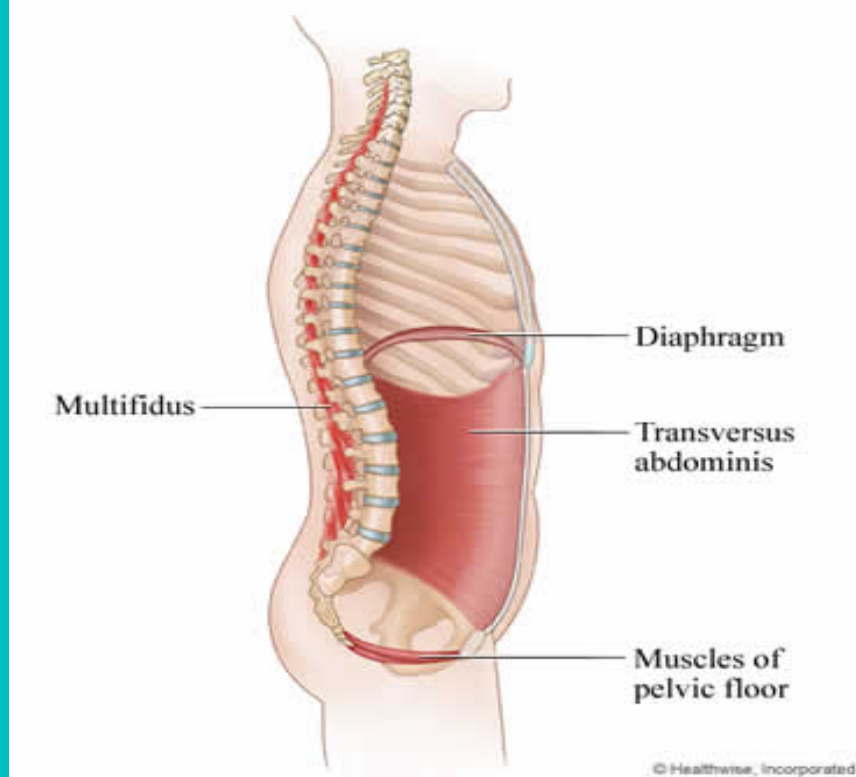
Level I – 11:00-1:00

Level II – 3:00 – 5:00

\$30 til 10/15; then \$35

2132 Victory Dr

912.200.4809



The pelvic floor is the foundation of your core. A dysfunctional pelvic floor can limit your quality of life. Most of us lack a balance of strength and flexibility that supports optimal function based on factors such as genetics, birth, lifestyle, and age. Pain in the body that is not related to a physical injury may be related to emotional stress and or postural deviations including biomechanics, muscle tone, connective tissue and circulation.

Level I will include anatomy, lecture and discussion. You will learn the following;

- Diaphragmatic Breathing
- Engaging Transverse Abdominis
- Stabilization of your Spine and Pelvis while moving your limbs
- Finding and connecting to the 3 layers of the pelvic floor.

This workshop is for anyone (Male or Female) interested in learning about and deepening their understanding of pelvic floor and core function and dysfunction. Education and exploration of these vital components will provide self care practices to increase your quality of life to function more optimally.

Level II is open to students who have accomplished Level I criteria. This session will incorporate the knowledge of Level I with a series of specific postures to deepen your functional movement with the pelvic floor and core.

A DVD will be available for purchase to enhance your practice. No yoga experience is required.

www.savannahyogabarre.com

S A V A N N A H
Y O G A
barre