



The Piedmont Yoga Studio is pleased to present:

# Demystifying “down there” Yoga & the Female Pelvic Floor

*for Women Only  
with Leslie Howard*

*Saturday, March 13, 2009*

*1:30 - 5:30 pm • Studio 2*

*\$60\* by 3/6 \$70 thereafter*

*\*\$10 discount to those who previously have taken this workshop*



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: *accessing/finding • stretching • strengthening • softening*

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. The afternoon will begin with descriptions, drawings and handouts to help you retain what you learn. There will be a series of specific exercises and asanas, and a Q&A opportunity.

This workshop is open to all female students. Although helpful, no yoga experience is required. Bring your friends, sisters, mothers, and daughters. Whether you have pelvic pain, lower back, hip or groin problems, discomfort during intercourse, have to run to the bathroom too often, leak when you laugh or sneeze, 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.



*Leslie Howard has over 2000 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. This workshop is a reflection of study with Susanne Kemmerer, a physical therapist that specializes in the pelvic floor. Leslie currently studies with Manouso Manos and Ramanand Patel. For more info, visit [flyingzebrayoga.com](http://flyingzebrayoga.com).*

*Registration: Yoga for the Pelvic Floor with Leslie Howard*

*Fee: \$60 by 3/6, \$70 thereafter • Saturday, March 13, 2010 • 1:30-5:30 pm • Studio 2*

Name \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

City/State, Zip \_\_\_\_\_

E-mail address \_\_\_\_\_

Workshop fee: \$60. Cancellations prior to Mar. 6 will be refunded workshop fee minus a \$15 administrative fee. No refunds on or after Mar. 7.  
Make checks payable to: Piedmont Yoga Studio and mail with this registration form to Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611.