

PELVIC FLOOR

# LESLIE HOWARD

AUGUST 17, 2013  
MONTANA AVENUE



12-4pm • \$85

This is the true meaning of “core work.” Whether you experience any of these conditions (or are just plain curious about this region of the body) this workshop is for you: pelvic pain, lower back, hip & groin problems, discomfort during sex or while using tampons, skin irritation, leak when laughing or sneezing, have to go to the bathroom too often, prolapsed organs, pregnancy and birth.

Before change is possible, you must be able to visualize, find and access the muscles of the pelvic floor. In this workshop we will locate, assess, soften, stretch, strengthen and exercise the various muscle groups of the pelvic floor, discuss what mula bandha is (and is not), abdominal health and how to utilize the pelvic floor in asana.

This workshop will begin with anatomy, lecture and discussion, followed by subtle experiential movements to awaken your understanding of this often ignored area. Then we will begin with a series of specific exercises and asanas for the pelvic floor. We conclude with some asana that spotlights the pelvis and hip joints. Handouts are provided to help you retain what you have learned. Bring your friends, sisters, mothers and daughters. Although helpful, no previous yoga experience is required. This workshop qualifies for continuing education credits with Yoga Alliance.

**Leslie Howard** has over 3000 hours of yoga study. She is based in San Francisco and her primary teacher is Ramanand Patel. Leslie has been practicing and teaching nationally and internationally for over sixteen years. She is a presenter for the Yoga Journal Conferences and is featured in the documentary, “Yoga Woman”. She has online videos at [pranamaya.com](http://pranamaya.com) and [yogauonline.com](http://yogauonline.com).

Leslie recently designed a successful study for the University of California, San Francisco on yoga for incontinence. She is working furiously on a book call “Pelvic Revolution”.

For more info, visit [lesliehowardyoga.com](http://lesliehowardyoga.com). If you questions or concerns call 415-823-1699 or e-mail [lesliehowardyoga@gmail.com](mailto:lesliehowardyoga@gmail.com)

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**YOGAWORKS.COM** OR  
CALL **310.393.5150**