

Pelvic Power

A Pelvic Floor Workshop For Women



- Are you** recovering from child birth?
- Do you want to** improve bladder control?
- Do you suffer from** pelvic pain?
- Do you have** low back or hip issues?

In this workshop we will:

- **Awaken** the Pelvic Floor
- **Access** both Gentle Contraction and Profound Release
- **Improve** Posture, Balance, Low Back and Hip Issues
- **Enhance** Bladder Control and Sexual Functioning

When: Sunday, Sept 8th
1:30pm -4:00pm

Fee: \$35

Location: Private Studio in
Richland (address given at
registration)

To Register: Contact Irene at 213-324-3261 or
irene@moveintojoy.com (SPACE IS LIMITED)

Irene Bowers is a Guild Certified *Feldenkrais* Practitioner^{cm} and a Somatic Experiencing® Practitioner. She teaches group classes and works privately with clients in Los Angeles and in the Tri-Cities area. Her goal in her movement work is to help her students rediscover the joy of movement that is their biological birthright.