

# 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:** Saturday, October 5th     **Fee:** \$35  
1:30pm - 4:00pm

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

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

**Irene Bowers** is a Guild Certified *Feldenkrais* Practitioner<sup>cm</sup> 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.