

# Pelvic Power

## A Pelvic Floor Workshop

- **Awaken** the Pelvic Floor
- **Access** both Gentle Contraction and Profound Release
- **Improve** Posture, Balance & Breathing
- **Enhance** Bladder Control & Sexual Functioning

Irene Bowers  
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Somatic Experiencing<sup>®</sup> Practitioner  
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A 4 class series  
Mondays: Oct. 3, 10, 17 and 24  
6:30 - 8:00pm  
Fee: \$80 for the series  
Miracle Mile / Beverly Grove area  
Call Irene for exact location

### Why the Pelvic Floor?

The Pelvic Floor, which lies like a supportive hammock at the lower part of the pelvis, supports almost every movement we make and is essential to posture, balance, breathing and how we function in gravity.

### The Classes:

This series of 4 classes will be *Feldenkrais*<sup>®</sup> based with easy-to-do movements done lying down, sitting on a chair, standing and moving freely through space. Our focus will be on bringing awareness to the P.F. and sensing how it is connected to other parts of our body as we move, improving strength, flexibility and control over its functioning.

We will go over some basic anatomy and you will get handouts of simple movements you can do on your own at home.

Everyone can do this. It will be fun, instructive and energizing!

To sign up for the series (no drop-ins)  
please contact: **Irene Bowers**  
213 324-3261 or [irene@moveintojoy.com](mailto:irene@moveintojoy.com)