



# Demystifying "Down There" Yoga and The Female Pelvic Floor with Leslie Howard Sunday, March 21, 2010 1:00pm—5:00pm

Come discover why a healthy pelvic floor is more than doing Kegals. Problems related to the health of the pelvis are lumbar spinal problems, pelvic instability, sacroiliac, hip or sciatic pain, bladder weakness, and digestive, menstrual and sexual difficulties. This area can be too gripped, or too weak or both. THIS is the actual "core work" we need to understand. The abdominals must come after.

In this workshop:

- You will receive drawings and informational hand-outs
- You will learn to identify the pelvic floor muscles
- You will learn how to distinguish the three layers of the pelvic floor and how to soften and strengthen these areas.

You will leave with specific poses and exercises to increase the flexibility, strength, and coordination of each of the pelvic functions. This workshop is appropriate for ALL women, bring your daughters, sisters, mothers, grandmothers. You need no prior yoga experience to get something out of this workshop.

Leslie Howard has over 2500 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. She currently studies with Manouso Manos and Ramanand Patel. She has been a presenter at the 2010 Yoga Journal Conference in San Francisco. She is also featured in an upcoming film "Yoga and Women". Check out her complete bio at [lesliehowardyoga.com](http://lesliehowardyoga.com)



Fee for the workshop is \$55. Space is limited, please register early. No refunds day off. Workshop to be held at **Cherry Hill Health & Racquet Club**

1820 Old Cuthbert Road  
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United States Questions or concerns, call or email Leslie at 415-823-1699 or email at [leslie-howardyoga@gmail.com](mailto:leslie-howardyoga@gmail.com) OR at CHHRC, Stacy Covelli at 856.429.1388 x127 or Jo-Anna Carey 856.429.1388 x177