



YOGA FOR THE MALE PELVIC FLOOR

A Workshop for Men with Leslie Howard

Sunday, June 8, 2014

9:00 a.m. – 11:00a.m. Class fee \$20

This workshop is designed to help men with pelvic issues. Issues in the pelvis can result from trauma or chronic holding patterns in the body. Trauma can be from surgeries, radiation, chronic illness, early life-altering events like violence/abuse, chronic bad posture, accidents and more. Issues can take the form of incontinence, erectile dysfunction or pelvic pain. In this class we will locate, assess, soften, stretch, strengthen and exercise the various muscle groups of the pelvic floor, focus on abdominal health and how to utilize the pelvic floor in postures. There will be a brief anatomy lecture and discussion. You will learn breathing techniques and yoga poses done with particular attention to stretch, soften and strengthen the muscles of the pelvic floor. Handouts will be provided to help support your practice of what you will learn.



Leslie Howard, an Oakland-based yoga teacher, specializing in all things pelvic for both men and women. She leads workshops and trainings nationally and internationally, is co-writing a book about the pelvis, entitled Pelvic Revolution. Healing her own hips and pelvis led her to intense study of the anatomy and physiology of this vital bodily structure. She designed a successful study for UCSF on yoga for incontinence and recently received a grant to study yoga for pelvic pain.

Her teaching is informed by over 3000 hours of yoga study with senior Iyengar yoga teachers. She is a presenter for the Yoga Journal Conferences and is featured in the documentary, “Yoga Woman”. She has online videos at pranamaya.com and yogauonline.com.

The workshop will be held at Park Blvd Yoga, 4226 Park Blvd, Oakland, CA

<http://parkyoga.com/>

You must register and prepay with Leslie, via paypal or mail a check for \$20, to
1050A 45th St, Emeryville CA 94608

Questions call 415-823-1699 or email lesliehowardyoga@gmail.com

All props provided. Wear comfortable clothes that stretch. No refunds or make ups.