



# The Root of All Things: Pelvic Floor Teacher Training for Women Only

with **Leslie Howard** at **Oakland Yoga Studio**

August 5 -9, 2017

This 20 hour training is for experienced yoga teachers, health care professionals, midwives, doulas, fitness trainers, massage therapists and just plain curious practitioners of yoga that want to deepen their practice. There are required texts.

You will learn:

- Current understanding of the pelvis, sexuality, misconceptions and modern medical care
- Anatomy of the pelvis, hips and gluteus muscles and their roles in pelvic health
- How posture affects the pelvic floor
- Identifying hypertonic vs. hypotonic muscles and the difference between a strong muscle and a tense muscle
- The role of breath and emotion in the pelvic floor
- How to teach breath and asana to students who need tone in their pelvis and as well as those who have too much tone
- Yoga for the pelvic floor during all stages of pre and post natal
- Yoga for Menopause
- Anatomy and care for the male pelvis such as prostate issues, incontinence, sexual dysfunction

There is an optional project for certification after the program. Fee is \$595 for all five days. Full payment is due by July 1, \$100 non-refundable deposit holds your space. Saturday and Sunday meet 1:30pm - 6:00pm and Mon-Weds meet 1:00pm -5:00pm.

Leslie Howard is an Oakland based yoga teacher, specializing in all things pelvic. She leads workshops and trainings nationally and is co-writing a book about the female pelvis. Her own struggles with healing her hips and pelvis led her to intense study of the anatomy, physiology, cultural messaging, history and energetics of this rich place. Her teaching is informed by over 3000 hours of yoga study with senior Iyengar yoga teachers, notably Manouso Manos and Patricia Walden. Ramanand Patel is her most important influence and mentor. To learn more about Leslie, visit: [www.lesliehowardyoga.com](http://www.lesliehowardyoga.com)

Workshop will be held at  
Oakland Yoga Studio, 4  
Yosemite Ave., Oakland CA  
info at: Please email me for  
registration  
[lesliehowardyoga@gmail.com](mailto:lesliehowardyoga@gmail.com)

