



# The Root of All Things: Pelvic Floor

## Teacher Training for Women Only\*

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

August 1 – 4, 2020

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. Required reading is *Pelvic Liberation*, which will be emailed to you as a pdf upon signup and you will receive a paper copy on day one of training.

- 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 and breathing affects the pelvic floor
- Identifying hypertonic vs. hypotonic muscles: the meaning of 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
- Anatomy and care for the male pelvis such as prostate issues, incontinence, sexual dysfunction

Fee is \$625 paid in full by July 1. After July 1, fee is \$700. Payment by check or PayPal. Saturday and Sunday meet 1:30pm -6:30pm, Monday and Tuesday meet 11am – 5pm. 30 minute break each day. There is an optional project for certification after the program for an additional \$275.

Leslie Howard is an Oakland based yoga teacher, specializing in all things pelvic. She leads workshops and trainings internationally and is the author of “*Pelvic Liberation*”. 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. 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 3500 hours of yoga study with senior Iyengar yoga teachers, notably Ramanand Patel her most important influence and mentor. She is a presenter for the Yoga Journal Conferences and is featured in the documentary, “*Yoga Woman*”. To learn more about Leslie, visit: [www.lesliehowardyoga.com](http://www.lesliehowardyoga.com)

\* *This workshop is for self-identified women*

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)

