

WORKSHOPS - 2018

STRESS Piddle when you giggle?
URGE OOPS.... Bathroom Dash
PROLAPSE Don't Let your bits go from Hero to Zero
BOWEL Hold fire on the gas
SEX Improve your carriage & Revitalise your Marriage



PELVIC FLOOR EXERCISES FOR ALL

FACT:

1 in 3 Woman & 1 in 10 Men
live with pelvic floor dysfunction

PELVIC FLOOR RAPPORT WORKSHOP

Incorporating: PILATES/
PRANAYAMA/MEDITATION

SATURDAY 23 JUNE MORNING
10:00 - 12:30

Messing Village Hall
The Street, Messing CO5 9TN

Sarah Daltrey, Adore your Pelvic Floor Coach & Pilates Teacher at Foreverfit
Zoe Smith, Yoga Teacher at Silver Spiral Holistic Health (British Wheel of Yoga)

This workshop is suitable for beginners to pilates & meditation.

- How to recruit correct pelvic floor contraction
- Stabilising and improving conditions of stress/urge incontinence
- Bowel conditions
- Issues and management of prolapse
- Exercises to either avoid or to do during a fitness programme to help improve and protect the pelvic floor
- Functional home programme

Mats and props provided, however bring a blanket and your own pilates/yoga mat if you have one.

£20 per person Early Bird
£25 after 1 May 18

Space is limited to 20 participants
Pelvic Floor * Pilates * Pranayama * Meditation

Note: Due to the nature of the workshop please inform us if you are pregnant or have any existing health conditions which will affect your participation. If you are unsure whether the workshop will be suitable for you, please contact us before signing up.

Silver Spiral
Holistic Health 

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PROMOTING WELLBEING