



Leslie Howard

Introductory Workshop and Pelvic Floor Yoga Training

June 14-18, 2014
12- 4 p.m. each day

Saturday: Introductory workshop

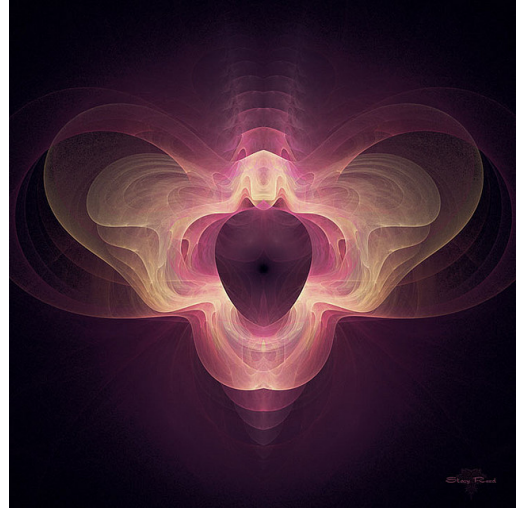
Open to all. No yoga experience necessary.
\$79 by May 30, 2014; \$89 thereafter

Sunday – Wednesday:

In-Depth Pelvic Floor Yoga Training

Open for those who have completed the Intro Workshop
\$399 by May 30, 2014; \$459 thereafter

Save \$49 when you register for both events for \$429
by May 30, 2014; \$489 thereafter
Event is limited to 44 students max.



Proper strengthening and stabilizing of the pelvic floor helps to create the correct foundation of each movement in the body. This is the true meaning of "core work." Some of the conditions that can be caused by issues in the pelvic floor are pelvis pain, incontinence, lower back pain, prolapsed organs, skin irritation, painful intercourse and more.

Introductory Workshop (Saturday):

In the Introductory workshop we will locate, assess, soften, stretch, strengthen and exercise the muscle groups of the pelvic floor, discuss mula bandha, abdominal health and how to utilize the pelvic floor in asana. The workshop will begin with anatomy, lecture and discussion, followed by subtle experiential movements to awaken your understanding of this often ignored area. A series of specific exercises and asanas for the pelvic floor will follow. Handouts will be provided. Bring your friends, sisters, mothers and daughters. Although helpful, no yoga experience is required. **This workshop is required for continuing in the Pelvic Floor Yoga Training** and qualifies for continuing education credits with Yoga Alliance.

Pelvic Floor Yoga Training (Sunday - Wednesday):

After completing the introductory workshop, the following four days will be an in depth study of female pelvic health and how yoga and pranayama can be applied as a healing modality. We will cover cultural, medical and historical context of the care of the female pelvis in the U.S. Each day will include a lesson on anatomy of the pelvis to facilitate a better understanding of pelvic health.

You will learn experiential anatomy, how posture affects the pelvic floor, Identifying the difference between hypertonic and hypotonic muscles and the difference between a strong muscle and a tense muscle, the role of breath and emotion in the pelvic floor. We will cover how to teach breath and asana to women who need tone in their pelvis, how to teach breath and asana to women who have too much tone in their pelvis. We will explore how to hold a safe environment for women, what to do with the pelvic floor during all stages of pre and post natal, as well as, restorative yoga for the pelvic floor.

The training includes a manual and homework practicum to be completed after the training for the students to better facilitate learning and understanding of the subject.



Leslie Howard has over 3000 hours of yoga study. She is based in San Francisco and her primary teacher is Ramanand Patel. Leslie has been practicing and teaching nationally and internationally for over sixteen years. 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 <http://yogauonline.com/>. She recently designed a successful study for the University of California, San Francisco on yoga for incontinence. She is working furiously on a book call "Pelvic Revolution". For more of her bio check out www.lesliehowardyoga.com. If you questions or concerns call 415-823-1699 or e-mail lesliehowardyoga@gmail.com



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DATES & TIMES

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FEES

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STUDENT INFORMATION

Name:

Address:

City/State/Zip:

Phone:

Email:

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*.

Returned checks subject to \$50 fee.

Introductory Workshop (Saturday): _____

In-Depth Pelvic Floor Yoga Training (Sunday – Wednesday): _____

Both Events: _____

REFUNDS & CANCELLATIONS

We understand that plans occasionally change and unanticipated circumstances sometimes arise.

It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one month prior to the start of the event**, you may request a refund less 15%.
- For refund requests **less than one month and more than 2 weeks** prior to the start of the event, you may request a refund less 50%.
- No refunds or credits will be given for cancellations **less than two weeks** prior to the event.
- If you **do not show up** for an event, no refunds or credit will be given.
- No pro-rates, credits or transfers are available for any of our special events for classes/days that you are absent or unable to attend (includes class series and workshops). We appreciate your



PRAIRIE YOGA
INSTITUTE

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