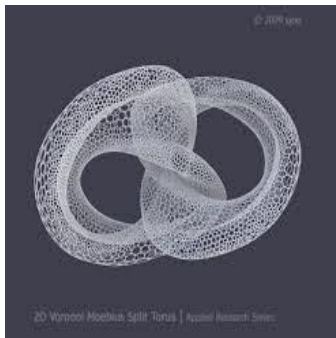


# Your Pelvic Floor

... What is it, where is it, why do I need to improve it?

A somatic training with the  Feldenkrais  
METHOD

A way to reclaim your health by unwinding your 'Ring Muscles'



## What are the possible benefits?

- A sense of confidence and clear organisation and functional use of your pelvic floor muscles
- Improved co-ordination of trunk muscles' offering enhanced stability, easier, more comfortable breathing, reduced tension, enhanced or greater feelings of wellbeing
- Improved bladder control, enhanced sense of genital function

## Who will benefit?

Men and Women who are curious about:

- \* Pelvic tension, trauma or surgery
- \* Managing back pain – recovery from surgery
- \* Breathing related conditions – as experienced with urgency or control issues
- \* Stress, tension or pain in jaw, mouth, throat, eyes or pelvic region

**Sunday, 29th March, 2015**

The Hub @ Heal Dental Care  
34 Tallebudgera Creek Rd  
Burleigh, Gold Coast QLD

**Time:** 12:30pm – 5:00pm  
Registration 12:00pm

**Cost:** \$87 Early bird  
\$124 At the door

**Save 25%:** Pay for 3, get 4<sup>th</sup> free

### Bookings:

<https://www.eventbrite.com.au/e/your-pelvic-floor-and-ring-muscles-tickets-15612851459>

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