



**YOGA CENTER  
OF MARIN**

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# YOGA and the PELVIC FLOOR

— *A Workshop for Women* —

with **SUSAN MCCORMICK**  
**Sunday, Oct. 14 • 1:00–3:30 PM**



**Messages we have received throughout our lives have reinforced a subtle disapproval of talk about women’s bodies “down there.” We pay a price for maintaining a polite distance from our hips and what lies between them.**

This workshop will attempt to shed light on the appearance, function/ dysfunction, and maintenance of this most powerful and intimate of our bodily parts. Many women have come to this subject seeking an alternative to surgery for their issues with prolapse, incontinence and pelvic pain. Through the instruction and practice of Iyengar-style yoga, overly tight pelvic floor muscles can be relaxed and too loose muscles can be strengthened, bringing understanding and relief to those experiencing discomfort in the pelvic region. Physical postures and exercises will make up a part of this workshop and can be done with or without a background in yoga.

*SUSAN MCCORMICK has been practicing yoga for the past 20 years and teaching since 2008. She recently completed her Iyengar certification and studies regularly with senior teacher Manouso Manos. Interest in strengthening her pelvic floor to avoid surgery led her to seek out experts in the fields of physical therapy and pelvic floor yoga. She received teacher training and certification to teach pelvic floor work from Leslie Howard and was an instructor for UCSF’s study on incontinence and yoga. Empowering women who are struggling with the effects of pelvic floor dysfunction is important to her and evident in her gentle but firm manner of teaching.*

**THIS WORKSHOP**

- Open to women of all ages
- Yoga experience not required
- \$30 pre-registered; \$40 drop-in

**Use this form to register or register online. Pre-registration is encouraged for all workshops.**

WORKSHOP/date & time: YOGA & THE PELVIC FLOOR with Susan McCormick / Oct. 14, 2018 • 1:00 PM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 email: \_\_\_\_\_

HOW DID YOU HEAR about this series?  Flyer  Website  
 Ad  Friend  Drive/walk by  Other \_\_\_\_\_

PAYMENT BY:  check  MC/VISA AMOUNT: \_\_\_\_\_  
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**FOR A COMPLETE SCHEDULE** of our classes and workshops, check our website at [www.yogacenterofmarin.com](http://www.yogacenterofmarin.com)



09/04/2018