



**YOGA CENTER
OF MARIN**

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YOGA and the PELVIC FLOOR

— *A Workshop for Women* —

with **SUSAN MCCORMICK**
Saturday, Sept. 7 • 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 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.

THIS WORKSHOP

- Open to women of all ages
- Yoga experience not required
- \$40 pre-registered before Sept. 1;
- Sept. 1 or after: \$50 pre-registered or drop-in

SUSAN MCCORMICK has been practicing yoga for the past 20 years, teaching since 2008, and she studies regularly with senior Iyengar teachers. 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 is the lead instructor for UCSF’s ongoing 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 precise manner of teaching. WEBSITE: susanmccormickyoga.com

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 / Sept. 7, 2019 • 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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CHECKS PAYABLE TO: Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925
FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



05/15/2019