



FEBRUARY 2012

WEEKEND WORKSHOP FEBRUARY 11-12 & PELVIC FLOOR TRAINING FEBRUARY 13-15

WITH LESLIE HOWARD

Weekend Workshop Class Hours:

Saturday 2.5 hrs in the morning, 2.5 hrs in the afternoon

Sunday 2.5 hrs in the morning

\$150 – SATURDAY AND SUNDAY ARE OPEN TO ALL WOMEN

Pelvic Floor Training Class Hours:

Monday, Tuesday & Wednesday, 12:00pm–4pm

\$300 FOR 3 DAYS

The following three days will be deconstructing the workshop, going deeper into all aspects that were taught.

- History of the female pelvis: Cultural, medical and historical contexts of women and the pelvis and how they translate to our current understanding of the pelvis, sexuality, misconceptions and modern medical care.
- In depth anatomy of the pelvis, hip flexors and femurs and connective musculature and how they translate into pelvic health.
- 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
- 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
- How to hold a safe environment for women
- What to do with the pelvic floor during all stages of pre and post natal
- Restorative yoga for the pelvic floor

The training will include handouts and homework for the students to better facilitate learning and understanding of the subject.



Leslie Howard has over 2500 hours of yoga study. Leslie has been practicing for over fifteen years in New York City and the San Francisco Bay Area, including fourteen years of teaching, workshops, and annual yoga retreats. She currently studies with Manouso Manos and Ramanand Patel. She has been a presenter at the the Yoga Journal Conference and is featured in an upcoming documentary "Yoga and Women". Check out her complete bio at lesliehowardyoga.com