



## **Pelvic Floor Restore - A workshop for women with Brenda Stickley.**

### **The Workshop**

In this 4-hour workshop, you will learn what to do to improve your pelvic floor function, and how to do it. You will experience how the pelvic floor muscles work with the breath, and with muscles in the lower abdomen, inner thighs, hips and buttocks, using full body movements. Easy to follow take-home notes will help you remember everything you learn at this workshop. Wear comfortable clothes.

### **Date and Location**

**Saturday 4 August 9:00am – 1:00pm**  
Linden Social Centre, 10 Linden Ave, Linden.

### **Book Now**

Book online at [www.getmovingwithbrenda.co.nz](http://www.getmovingwithbrenda.co.nz)  
**Bookings essential.** This is a popular workshop, book early as places fill fast.

### **Cost**

**\$95**

No refunds, simply choose another date. Pay online to 12-3223-0077228-00 or cash/cheque by arrangement.

Email enquiries to [getmoving@xtra.co.nz](mailto:getmoving@xtra.co.nz)  
or call **04 232 9364**



### **The Teacher**

Brenda Stickley, Certified Feldenkrais® Practitioner, Yoga Instructor and 20+ years nursing and nursing education will lead you through every step of the workshop. Brenda provides a sensitive, safe and relaxed environment to support your learning - plus a scrummy morning tea!

***Pelvic floor function  
can be***

***improved  
and incontinence  
eliminated  
in 80% of women***