



Pelvic Floor Restore - A workshop for women with Brenda Stickley

Returning to normal pelvic floor function after childbirth can be elusive for many women. While incontinence or sexual dysfunction can be common, it doesn't have to be your new normal.

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, muscles in the lower abdomen, inner thighs, hips and buttocks, using gentle full body movements. Learn basic anatomy and physiology to help you understand how the body is designed to function. 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

Bookings essential. This is a popular workshop, book early as places fill fast. Book online at www.getmovingwithbrenda.co.nz

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
or call Brenda on **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!

33% of women still suffer problems 5 years after childbirth, but it's never too late to get help.

***Pelvic floor function
can be improved
in 80% of women***