

THE LETCHWORTH CENTRE FOR HEALTHY LIVING

A WORKSHOP FOR WOMEN Sunday, 22 July 10.00-16.30

Join us for a relaxing, informative day on maintaining and improving the health and tone of the pelvic floor - vital for physical and emotional wellbeing. Practise safe, gentle, effective versions of the classic PF exercises PLUS essential work on refining the way we use our spines and feet - both have a major effect on good PF function.



Judy Hammond is a very experienced teacher of the Alexander Technique, movement and dance with a passion for making anatomically sound movement interesting and fun.

Workshop fee £65 includes a light lunch and refreshments by the wonderful Nourish cafe.



The Letchworth Centre for Healthy Living
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Charity Registration No. 295219
Established 1984

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Opening hours Mondays to Fridays 09.00-20.30 Saturdays 09.00-15.30