

Workshop for Women: Posture and the Pelvic Floor

with Judy Hammond BEd ANATD MSTAT

Sunday 17 November 9.45 for 10.00-16.30



Pelvic floor toning can often be wearisome and hard work! In this valuable workshop, we will examine the essence of the classic PF exercises and learn to practice them with less effort but greater effectiveness. General postural issues – which affect the pelvic floor muscles – will also be addressed.

Cost: £65 including lunch and refreshments

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