**Ladies Only!!!**

**The Ground Floor**

**Strengthening the Pelvic Floor**

**By Donna Schnoor**

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**A Workshop to discuss Pelvic Floor Dysfunction and exploring techniques and exercises to identify and strengthen these muscles.**

*\*Hypotonicity vs Hypertonicity*

*\*Urinary incontinence*

*\*Pelvic Organ Prolapse*

*\*Weakened muscles due to childbirth or age*

*\*Lower estrogen levels*

**Saturday, April 1**

**1:00- 3:00pm**

**$10.00 members- due upon sign-up**

**Registration takes place in yoga room during regular class time**

**Must be a Sun City Hatha Yoga Club Member – Mat Students Only**

**Refunds only if SC Hatha Yoga Club cancels workshop**

* A handout detailing the techniques & exercises we address

 will be given to each participant to take home for reference.