

Pelvic Floor – Foundation of our body
A class for women

With Sabine Volkmann

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Through social conditioning, posture, and childbirth, the pelvic floor can become a problematic area.

Using gentle Feldenkrais movements we will find out about its connection to the rest of the body, and how it influences our posture, flexibility and strength. Learning how to engage the pelvic floor improves vitality, posture, helps incontinence, and creates lightness and graciousness in all our movements.

Date: Monday's 1.15pm - 2.15pm

10 Week course.

Cost: € 120