

# pfilAtes™

pelvic floor pilates  
created by a physician



recover | strengthen | prevent

## Educational and Interactive Workshop

**Saturday, November 23<sup>rd</sup>**

**1-3pm**

**Cost: \$45**

### **Leslie Hopkins**

Certified Stott Pilates Instructor

Certified pfilAtes Instructor

MCPA Physiotherapy Assistant



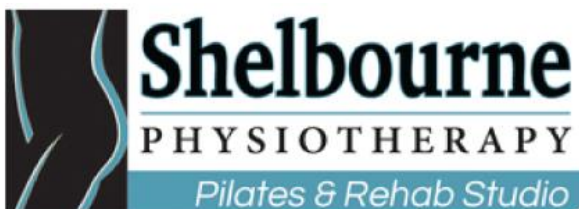
**pFilates Workshop** designed to:

- Help you understand the muscles of the pelvic floor, where they are & how they function
- Educate you about weakness in the pelvic floor muscles that result in disorders such as incontinence & pelvic organ prolapse
- Teach you specific exercises to condition the appropriate muscles focusing not only on strength, but endurance & co-ordination

The workshop will include an informational interactive presentation as well as an exercise portion.

If you do not have a pilates/yoga mat we do have a limited amount at the studio.

**\*\* pfilAtes workshop is suitable for all ages and abilities**



Pre-registration is required

Space is limited so please contact our Studio Coordinator to reserve your space!

**250.598.9828 ext. 2**

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