

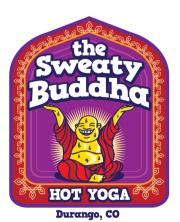
<u>A Sacred Pelvis</u> <u>Connection:</u>

A workshop to awaken your pelvis and heal your roots.

SUNDAY 7/10 1:00-3:15PM



Join this journey from the pelvic floor, through the psoas muscles, into the solar plexus.



- -Anatomy Centered Movement
- -Pelvic Floor Reconnection
- -Pelvic Pain/ Trauma Healing
- -Hands On Adjustments
- -Self Touch
- -Body Awareness Work
- -Pranayama & Asana