



**Nicole Landrus and
Amelia Burns present**

A Sacred Pelvis Connection:

***A workshop to
awaken your pelvis
and heal your roots.***

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

\$30

**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

