



SUNDAY, FEBRUARY 27TH, 2022

PELVIC FLOOR DYSFUNCTION IN WOMEN

Event Description Heading

Pregnancy, childbirth, hormone changes, and menopause are just some of the common reasons that women experience Pelvic Floor Dysfunction like leaking urine or unspecified pelvic pain. In this class we will look at basic anatomy and boney structures of the female pelvis with an emphasis on learning to balance the muscles and ligaments of the pelvic floor to realize improvement in symptoms.

You will learn in this class:

What is the Pelvic Floor

What causes dysfunction in the pelvic floor

Muscles which make up the pelvic floor

How to balance those muscles using Esoteric Healing

INSTRUCTOR

Kathleen Hautala, BA,
WLMT, RM, CPEH

Class Cost \$35

Register by emailing:

Kathleenhautala@gmail.com

Myexcelhealth.com