

Pelvic Floor with Lauren Gibbons

3-week series



Your pelvic floor is a source of your feminine energy and power. It's also responsible for the vital task of supporting your pelvic organs and overall core canister.

By fostering a mind-body connection to your deep core muscles, including your pelvic floor you're able to care for these important muscles for optimal long-term function and recognize issues if they come up.

In this 3-week workshop-style series, you'll learn and practice:

- Breathing and engagement techniques to isolate, strengthen and relax your pelvic floor and deep core muscles
- Meditation and visualization techniques to help you get to know your core and pelvic floor
- Yoga poses and corrective exercises for core and pelvic floor strengthening and relaxing
- Postural and alignment tips to support healing from pelvic floor and core issues like incontinence, pelvic organ prolapse (POP) and diastasis recti (DRA)
- Yoga and functional movement practices to develop strength, balance and stability around the pelvis

Postpartum women and women of all ages and stages are welcome!



Beverly Yoga Center

May the practice of yoga and meditation cultivate kindness, compassion and care for your mind, body and heart.

SUNDAYS
Oct 20, 27
& Nov 3
1:00 - 2:00pm

Cost
\$45 before Oct 15
\$55 after

1917 West 103rd Street, 2nd floor
www.beverlyyogacenter.com
773.239.9642

LAUREN GIBBONS

Inspired by her own heart opening and challenging initiation into motherhood, Lauren's yoga path led her to teach prenatal and postpartum yoga.

Lauren works in small groups and privately to support, educate and empower moms of all stages of pregnancy and postpartum. She guides her students through the practices of movement, breath, and meditation to help them gain strength, find balance, heal their cores and connect to their powerful inner wisdom.

Over the past 3 years, Lauren has focused her continuing education on Yoga for Women's Pelvic Floor and Core. She's trained with Leslie Howard, Shannon Crow and Jessie Mundell and collaborates with Women's Health Physical Therapists.

Lauren is a 200-hour Experienced Yoga Instructor (E-RYT), Prenatal & Postnatal Yoga Instructor (RPYT), Postnatal Fitness Specialist and she holds an MA in Communications.