

Pelvic Floor Workshop

at Elevate Yoga | 4926 E. Colfax Ave.

SATURDAY SEPT. 7TH | 2-4PM

\$29

20% EARLY BIRD DISCOUNT BEFORE AUG. 15TH

Join Christina for an interactive workshop where you'll learn:

- Basic pelvic floor and core anatomy
- Techniques, yoga postures, and exercises to improve pelvic floor function
- The role of breath and emotion in the pelvic floor
- And more!

Christina Kaneshige is a certified 200-hr RYT who works with students of all ages in the Denver area. Christina has also completed her 85-hour prenatal yoga teacher certification.

REGISTER ON MINDBODY | ELEVATEYOGADENVER.COM