

Learning for Health presents

pelvic health and awareness

A Feldenkrais® Awareness Through Movement® program
for Women and Men
with Deborah Bowes PT, CFT

Deborah Bowes

Pelvic Health and Awareness 2006

This program is an innovative approach that combines the latest in medical research about pelvic floor function, with the *Feldenkrais Method of Somatic Education*. With these six original *Awareness Through Movement* lessons you will learn the full use of the pelvic floor by guiding you through a step by step program to improve your awareness and function of the pelvic floor. Doing these lessons for only 30 minutes a day can improve bladder function and control, enhanced sexual functioning for both men and women, help you to breathe better, and reduced back and pelvic pain.

CONTENT

1. Breathing to relax and balance the nervous system
2. Activating the right and left sides of pelvic floor
3. Engaging the abdominals
4. Activating the front and back of the pelvic floor
5. Dynamic sitting with the right and left side of the pelvic floor
6. Dynamic sitting with the front and back of the pelvic floor

Archived Resources - 3 x Audio CD's in case