

LIBERATE YOUR PELVIS!



DRAGONFLY YOGA

03.18.23 | 1-5PM | \$125

- Uncover the key role pelvic floor muscles (PFM) play in core strength and spinal stability
- Empower yourself with FACTS around pelvic health and dysfunction
- Identify the difference b/w "weak" and "overactive" PFM
- Learn safe and effective movements to work with both



w/ Melissa Shalongo
500-hr FUNctional
Yoga and Movement
Educator