

# Connect Your Core to Your Pelvic Floor

## Medical Therapeutic Yoga Workshop

**Date: Saturday April 1 Time: 9- noon**

**St Francis Rehabilitation Services**

**1601 St Francis Avenue Suite 200 Shakopee, MN**

Unable to connect last time this workshop was offered? Here is another opportunity on April 1<sup>st</sup>~ No Fooling!

You are invited to learn optimal exercise methods to create a healthy balance within your body in a relaxed setting.

Create a healthy lifestyle using the education, movements and breath practice taught in this workshop. Included are workshop notes, resource information and an outlined home yoga sequence.

Wear comfortable, loose clothing.

Yoga mats supplied.

No prior yoga experience needed.

Cost: \$55 to be paid day of workshop.



**Space is limited for optimal learning.**

**Contact Roselee Wondra**

**Physical Therapist and Professional Yoga  
Therapist**

**to reserve your workshop spot:**

**[roselee.wondra@allina.com](mailto:roselee.wondra@allina.com) or**

**952- 428 2107**