



## FELDENKRAIS

# Pelvic Floor Workshop (for women)

The pelvic floor works in conjunction with auxiliary muscles supporting your organs, breath, and balance. Through gentle movements, become aware of your pelvic floor and how it plays an integral role in your body and your health.

**Sunday, August 17th**

**1:00 to 4:30pm**

**Foxhollow Farm Center**

**8909 Hwy 329, Crestwood, Kentucky 40014**

**(Directions on reverse side)**

**Special Introductory Price: \$40**

*Please wear comfortable clothing and bring a blanket and a bath towel.*

*This workshop is for women of all ages. No previous experience necessary.*

Please register in advance as space is limited. For further information:  
[contact@dorothyhenning.com](mailto:contact@dorothyhenning.com) or **502-240-7057**

If you need accommodations, please contact Angie at the Foxhollow Farm Center 502-241-6869



### REGISTRATION FORM

Please send this form by August 12, 2008 along with a check for \$40 made payable to Dorothy Henning, 152 Pennsylvania Avenue, Louisville, KY 40206

Name : \_\_\_\_\_

Address : \_\_\_\_\_

Tel : \_\_\_\_\_ Email : \_\_\_\_\_

Please register me for the «Pelvic Floor Workshop»  
Date and signature :

# **Foxhollow Farm Center**

**8909 Hwy 329, Crestwood, Kentucky 40014**

## **Directions from Louisville:**

**Take Interstate 71 North to Exit 14, Crestwood. Turn left at the bottom of the ramp, you'll be on Hwy 329. Go about three miles and once you've passed Junction 1694, on your right you'll see the sign for Foxhollow Farm. Take the SECOND DRIVEWAY, an asphalt tree lined driveway.**

**Continue past the white house on the left and follow the signs to Foxhollow Farm Center.**