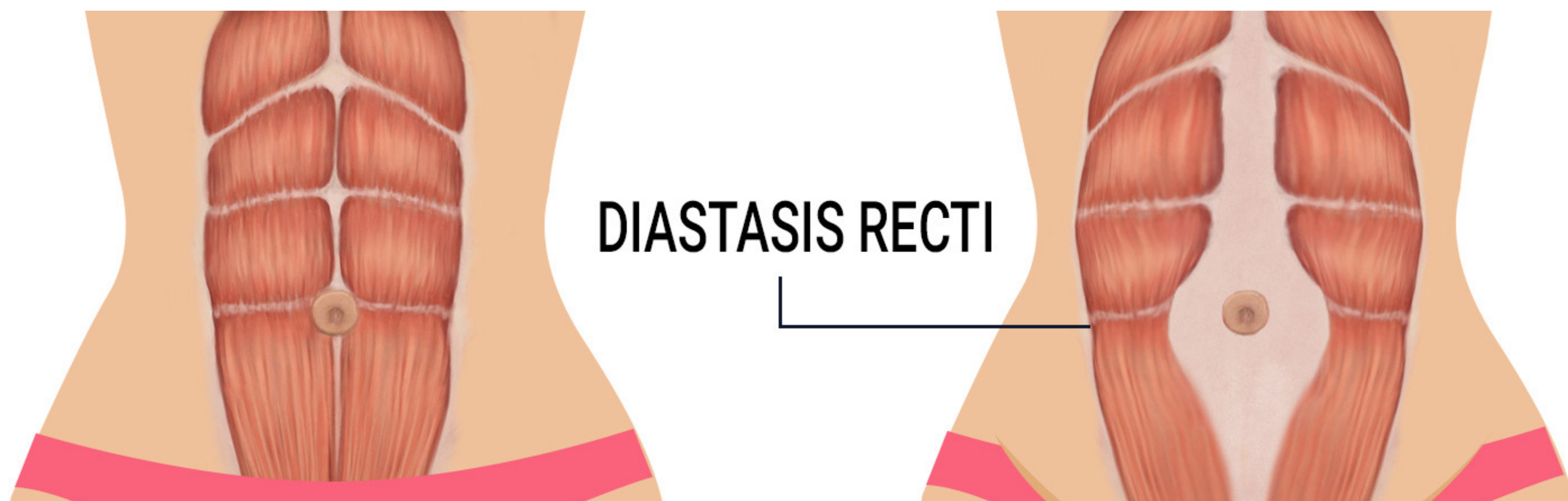


The Gap Workshop

Do you have a diastasis recti and want to know how to work on it?



In this workshop you will learn:

- What a diastasis recti is and what you can do to improve the gap
- Posture and alignment to improve the function of the abdominal wall
 - Breath and how it influences your core connection
- Safe exercises that will improve the tone of the abdominal wall
 - When to seek help and who to work with

Cost: \$30 +hst

When: Saturday November 17th
from 11:30am-1pm

Where: Yoga By Sarah
400 Scott St. Unit E3-4
St.Catharines, ON

To Register Call: 905-682-4469

Register for both The Gap & the
Pelvic Floor workshop for
only \$70 including taxes



Presented by Allison Kares, PMA®- CPT
STOTT™ Fully certified Pilates Instructor
Certified PFilates™ Instructor/Trainer
Owner. Movement Unlimited Inc.

Allison began teaching Pilates over 15 years ago. Her background as an exercise therapist in a rehab clinic has allowed her to combine her passion for therapy with the Pilates method. Allison began teaching and working with pelvic floor disorders in 2012. She has taken extensive post graduate level courses in pelvic floor health from renowned therapists and doctors from around the world. Let Allison help you demystify this important health concern.



partnered with

