

YOGA IN ISLANDIA

DOES THE WORD “KEGEL” MEAN ANYTHING TO YOU?

It was a European Dr. Kegel who developed a series of exercises to strengthen pelvic floor muscles. If you, or someone you know, experience USI, (Urinary Stress Incontinence) when laughing, coughing, sneezing, my FREE 2-HOUR WORKSHOP here in my studio will be helpful. We will discuss the Yogic practice of Bandha Lock, a muscular lock or contraction to control the flow of prana.

DATE OF FREE WORKSHOP:

SATURDAY, JULY 24 – 10 AM TO NOON.

Call to reserve: 631-348-7199 or email: grace@gracewelch.com