



# Yoga

## For pelvic health

Your body is always talking, but do you listen? When we do not tune into the needs of our mind and body, we become stressed, muscles become guarded, breath becomes shallow. The body learns to adapt to tension which affects your deep core function, a very important muscle group of which your pelvic floor is a member.

Join a fun, free-form yoga class led by Motivate's Denise Nichols. Integrative Yoga has the simple goal of improving the awareness of your own current state of health: mind, body, and spirit. Using the simplest tool—the breath—combined with mindful, challenging movements, this class will help you tune into your physical, mental, and emotional states and how they affect posture, tension, and mental clarity. You will learn Hatha yoga "asanas," or poses, designed to improve your deep core strength, flexibility, and stability/balance. Each pose can be modified to ensure comfort and facilitate weekly progression. Spots are limited so join today.

### Benefits of this class:

- ✓ Improve core stability and posture
- ✓ Increase joint flexibility and mobility
- ✓ Improve diaphragm function
- ✓ Reduce joint tension and pain
- ✓ Improve core balance
- ✓ Increase pelvic floor and core coordination
- ✓ Use and move your body better
- ✓ Release muscle tension
- ✓ Gain mindfulness and stress management strategies

### Class participation requirements:

- ✓ Wear comfortable clothes
- ✓ The ability to get up and down from the floor
- ✓ A yoga mat and any props you prefer (e.g., yoga straps, blocks, bolster, pillows)

**Preregistration required** for first class (inquire at front desk). All paperwork must be completed and turned in at least one week prior to the start date.

**Investment:** \$20 per class. You may reserve your spot by remitting payment no later than the Thursday prior to each class. Payments are non-refundable. Class size is limited and is on a first-come, first-served basis.

**When:** Every Wednesday at 1:30pm, beginning February 14, 2024.

**Where:** Motivate's SelfCare U Studio, 4920 East State Street, Suite 4, Rockford, 61108

**Denise Nichols will instruct this class.** Denise has taught Integrative Yoga for over 20 years. She has a unique understanding of movement, the breath, and the pelvic floor. She uses cues and hands-on techniques to ensure each student's successful understanding for life carryover.