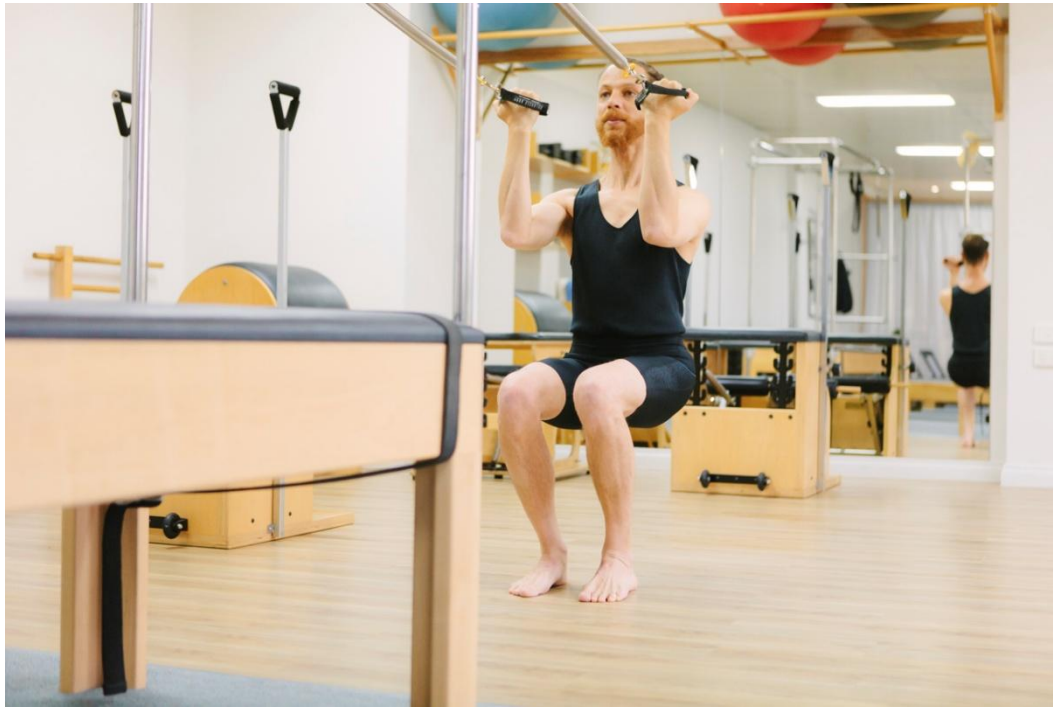


PELVIC POWER FOR MEN



Unlock your Pelvis! Free up your spine! Release the movement potential of your hips, neck and shoulders!

Encouraging communities to open up the dialogue about Men's health, this FREE workshop will assist with finding power and support within the body.

Incorporating a focus on the male pelvic floor/pelvic health especially as it relates to the prostate and healthy movement patterns, this specialised Pilates Mat work class will target pelvic floor support and integrate this with full body movements.

This will be a great opportunity for every man to join and be guided by Paul Schembri, experienced in Pilates for Men's health and passionate about empowering men to discover the power from within.

Paul has been teaching and practising Pilates for more than 25 years and in recent years, has been directing his focus towards men's health and Pilates applications.

An ambassador from the **Prostate Cancer Foundation of Australia** will talk about their prostate cancer experiences and the importance of pelvic floor health and post surgical exercise rehabilitation.

Saturday 22nd October

1:30pm – 3:30pm, Cost: FREE!

Infinity Pilates Studio

Suite 2, Level 1, 220 Carlisle Street, East St. Kilda, VIC, 3183

Phone (03) 9534 6233, Email info@infinitypilates.com or book directly online at:

<http://www.eventbrite.com/e/pelvic-power-for-men-tickets-27119088925>

Bookings are essential to secure your place.