

## DO YOU EXPERIENCE

- Pelvic pain
- Endometriosis
- Sexual pain
- Pelvic floor tightness
- Lower back or hip pain
- Stress
- Have trouble easing muscle tension

And want to take back control of your body and pain?

*These classes are for you.*



For any questions, enquire through

e: [leni.pelvicphysio@gmail.com](mailto:leni.pelvicphysio@gmail.com) or

e: [pelvicpainclinic@thegardenmedical.com](mailto:pelvicpainclinic@thegardenmedical.com)

ph: 08 6186 7992

[pelvicpainclinicwa.com](http://pelvicpainclinicwa.com)

## Pelvic floor safe Pilates specific for Pelvic Pain & Endometriosis



**BROUGHT TO YOU BY THE**

*Pelvic Pain Clinic*

The Garden Family Medical Clinic Murdoch &  
Leni Pelvic Health Physiotherapy

**PROUDLY SUPPORTED BY**



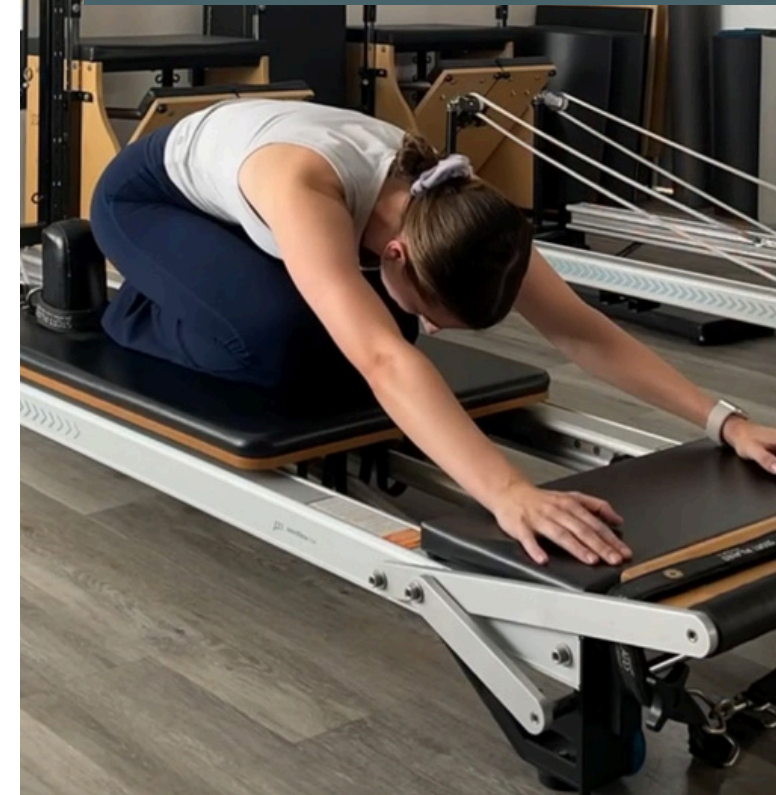
Australian Government

Department of Health and Aged Care



# Pelvic Pain Reformer Pilates

*Run by Pelvic Health Physiotherapist &  
Pilates Instructor Siobhan Lenihan*



# PELVIC FLOOR SAFE PILATES

## Learn how to

Engage AND relax muscles properly

Connect with your pelvic floor to teach  
it how to better relax

Reduce excessive bracing patterns

Increase strength in your pelvis, spine,  
hips, lower & upper limb

Improve your breathing dynamics

Optimise movement patterns

Integrate pelvic floor downtraining  
(relaxing) into stretching and movements

Learn how to heal your body  
through movement.



@leni\_pelvicphysio  
@thegardenmedical



## DETAILS

### Location

Reformed Pilates Co  
4/35 Ardross Street, Applecross WA  
2 hour free street parking available

### When

12:00-12:50pm  
1x month on a Saturday  
(the second Saturday of each month)

### Cost

\$41 per class

### What to bring

Socks (pilates socks or normal socks)  
Water bottle

### How to book

Through [eventbrite](#):  
'Pelvic Pain Reformer Pilates'  
Or use the QR code