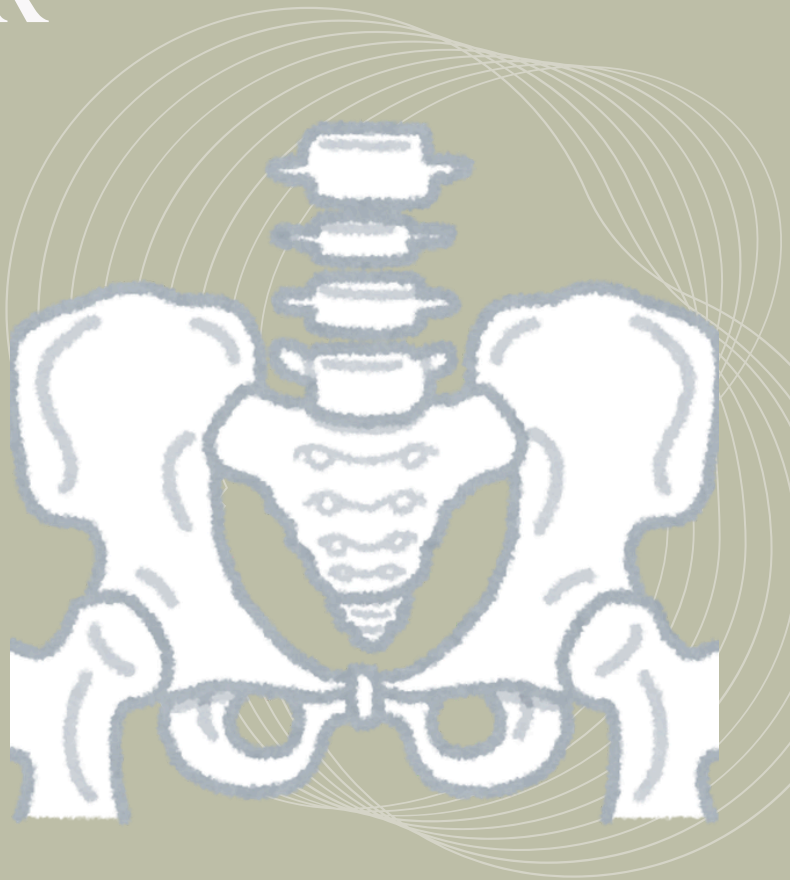


PELVIC FLOOR WORKSHOP

Join Dr. Ariel and Embody Movement for an immersive and interactive workshop that will teach you about your core and pelvic floor.

What you will learn:

- Breath work
- Pelvic floor contraction
- Bladder education
- Testing to see your strength



05.30.2026

Start from 12:00 PM - 1:00 PM At
Embodiment Movement Pilates Studio
4225 Naperville Rd Lower Level
Lisle, IL 60532

FOR MORE INFORMATION

Embodiment Movement
PILATES STUDIO Inc.

