

DID YOU KNOW, EVERY MOVEMENT HAS AN IMPACT ON THE PELVIC FLOOR?

Work effectively, work smarter, work deeper.



CALLING ALL FITNESS PROFESSIONALS, YOGA, PILATES TEACHERS AND REHABILITATION THERAPISTS...

you are in the prime position to help people to understand this sensitive area and regain freedom with their pelvic floor health.

I HAVE DEVELOPED 2 WORKSHOPS TO SHARE THIS KNOWLEDGE WITH YOU!



WORKSHOP 1 - £150

ADORE YOUR FLOOR AWARENESS

BOOK BY PHONE: 07876141607

EMAIL: adoreyourpelvicfloor@outlook.com

PRE REQUISITE IS LEVEL 2 FITNESS PROFESSIONAL, PILATES INSTRUCTORS, P.T.'S AND EXERCISE REHABILITATION THERAPISTS. 7 REPS CPD POINTS AVAILABLE.

This engaging 7 hr workshop enables you to have a knowledge and understanding of this taboo subject. You will gain confidence to recognise who is, or potentially at risk and receive the tools to deal with the subject rather than shy away.

You will come away able to offer suitable adaptations to your group classes or PT client so to ensure your exercise prescription will not further tighten or weaken the very foundation of the core we all so desperately rely on.

Pre course reading is provided on booking

FACT

1 in 3 women and 1 in 10 men live with pelvic floor dysfunction

FACT

Every exercise movement we offer has a direct effect on this precious group of muscles

WORKSHOP 2 - £350

This includes your 12 months license

BECOME AN 'ADORE YOUR FLOOR' COACH

BOOK BY PHONE: 07876141607

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This 7hr workshop extends your knowledge to enable you to bring it to the public. On completion you will be able to work on a 1-1 level and present our unique Adore Your Floor courses to your area. This is an amazing and satisfying addition to reach a huge new market within the fitness and health industry. An area that is crying out for help; men, young women, pre and post natal, pre and post menopausal and clientele of a 'certain age' are all your prime attendees. We are fortunate to be working with Katrina Wade, a Specialist Women's and Men's Health Physiotherapist.

We give you the Adore Your Floor Course format and the resources included with screen forms, and client newsletter handouts. Your marketing is also available with template letters and flyers. We continue to develop as a company and will promote Adore Your Floor Coaches on our website and network. This is a very satisfying and enjoyable channel to reach out to your clients. We will continue to update and support YOU throughout your exciting journey.

PRE REQUISITE IS COMPLETION OF WORKSHOP 1.

FACT

Women and men are crying out for advice and functional exercise to restore this sensitive area

FACT

Pelvic floor health can be managed or completely restored



www.adoreyourpelvicfloor.co.uk

PD:Approval
Endorsed