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SELF-HEALING TOOLS FOR PELVIC COMFORT: A series of workshops with Deborah Quilter

If you have pelvic pain, the most important person in your healing team is you. You can take charge of your recovery by practicing simple techniques to help you relax deeply, allowing you to release pain. The more your practice, the more you can control your symptoms and reduce the severity and duration of your episodes.



In this series, you will learn empowering techniques from Yoga, Feldenkrais, breath work and healing imagery to help you remain pain-free and comfortable. These easy techniques do not require that you be fit or flexible, but if practiced consistently over time, you will gain those and many other wonderful health benefits. You will go at your own pace. Beginners and experienced students are both welcome.

Thursdays September 4, 11, 18, 25
6:00-7:00 p.m.
H & D Physical Therapy
12 East 46th St. 8th Floor
Info: Deborah Quilter 212.769.8177
\$100 for the series; payable in advance
To register, call 212.499.0848.
Space is limited; early sign up recommended.

THE TEACHER

Deborah Quilter is an author, consultant, certified Yoga and Feldenkrais® teacher and leading expert on RSI. She has written two books, *The Repetitive Strain Injury Recovery Book* and *Repetitive Strain Injury: A Computer User's Guide* and has appeared on many television and radio programs. She has successfully helped many people with various health issues achieve a greater level of fitness without exacerbating pain. Ms. Quilter has helped many clients with repetitive strain injury, hip, back, shoulder and neck pain as well as many other conditions. Ms. Quilter is also available for private sessions. Call 212/769-8177 for an appointment. RSIhelp.com