

# Yoga

## The Pelvic Floor & Menstrual Cycle Workshop Event



Irish member of the  
European Union of Yoga

A day of yoga with two workshops;  
awareness of the effect of yoga on the  
pelvic floor and attunement of yoga  
practice to the cyclical nature of the  
menstrual cycle.

**Morning Workshop**  
with Daisy McCann  
-Yoga and The Pelvic Floor

**Afternoon Workshop with**  
Ann Marie Lazenby  
- Yoga and The Menstrual Cycle

**Date** Saturday 9th March 2024

**Time** 9.30am - 4.30pm

**Cost** Early Booking Discount: 70euro  
Regular Booking: 85euro  
Non Member: 95euro

**Location** Croí Anú, Moone, Co. Kildare

**Booking** Contact Ann Marie Lazenby by email at:  
[yogapracticewithannmarie@gmail.com](mailto:yogapracticewithannmarie@gmail.com)

IYA members will receive 6 hours CPD for this event

