

Hypopressive Low-Pressure Fitness

with Cathy Kyle



**November 18, 25,
& December 2**

9 - 10 am



LPF compliments your Pilates and other exercise programs by using specific breathing and a series of postures.

You will find relief from:

- *Bladder drop or incontinence
- *Hernias
- *Constipation
- *Poor posture and scoliosis
- *Diastasis
- *Sexual dysfunction by retraining the pelvic floor
- *Prostrate problems

What is Hypopressive Low-Pressure Fitness?

The HYPOPRESSIVE™ techniques were created in Europe by Dr. Marcel Caufriez in 1980, with the goal of helping postnatal women prevent and recover from pelvic floor dysfunctions such as incontinence and prolapse. From the outset, the objective was to develop a global approach to core health through the creation of an abdominal and rehabilitation technique that would benefit the whole core system, and eliminate the injuries caused detrimental pressure towards the pelvic floor which is specially advised for women with pelvic floor dysfunction.

The success achieved with this new Low Pressure Fitness, and its unforeseen benefits, inspired its evolution from a rehabilitation tool for women, to a complete core restoration and re-programming technique practiced by men and women around the globe.

For more info email: cathykyle@gmail.com

Attend all 3 for \$79 +HST

No Pilates experience needed



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