

# Beth Svarovska Pilates

## Understanding Your Abdominals Workshop

Saturday 5th October 9.45 - 11.15am  
Venue Petersfield Methodist Church  
£15 non-refundable

Our abdominal muscles and connective tissue have important and complex functions including protection, support, movement and power transfer between the upper and lower parts of the body. They are critical to our adaptability to life's changing circumstances such as pregnancy, the fight or flight response, feast or famine and postural skeletal changes. Yet society often values the abdominals purely as a cosmetic benchmark.

In this workshop we will get to know our abdominals and appreciate them in their natural brilliance. We'll feel them moving naturally, in a way that won't strain your back or your pelvic floor, even if you have existing conditions.

- Understand the abdominals' form and function, as distinct from "the core"
- Experiment with different exercises - dynamic and static, with and without equipment - to strengthen and tone
- Share exercise-based solutions to common pathologies associated with the abdominals including diastasis recti and abdominal surgery

**Limited spaces. Please book and pay in advance to secure your place. If you have any questions, please get in touch.**

core strength  
inner peace



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