

Therapeutic Exercise and Movement Classes for Spinal and Core Health



**with Trisha Jenkyns PT, DPT
Physical Therapist**

Trisha will use her expertise and background in anatomy, biomechanics, exercise, yoga and physical therapy to lead you in yoga and therapeutic exercise that will help establish healthy movement, exercise and postural habits.

In this 6-Week program, you will:

- Train your 'deep' postural muscle system to help establish important basic patterns of movement in the spine, pelvis and shoulder.
- Practice healthy & safe ways of stretching and strengthening with optimal posture and breathing habits.
- Integrate healthy patterns of movement into more challenging exercises while utilizing your pelvic floor muscles and breath awareness.
- Explore healthy lifelong pelvic floor habits for: exercise, bladder & bowel control, and birth-related issues.

Program One: Tuesdays at 10-11:15am, April 14–May 26 (*no May 5*)

Program Two: Wednesdays at 6-7:15pm, April 8–May 20 (*no May 6*)

Drop-in Classes: Wednesdays at 6-7:15pm, May 27-June 17 (\$30/class)

Where: 800 West Cummings Park, Suite 4650, Woburn, MA 01801

6-Week Cost: \$210 for current patients. \$275 for new patients (exam included).

Program limited to 6 students. First-time patients must schedule an initial exam before classes begin.

Classes will include yoga, resistance training, balance and flexibility.

Register using trisha@jenkynsptwellness.com or 339-298-2084.

Deadline for registration is April 1, 2015.

Trisha JENKYNS PT, DPT, WCS. Trisha is board certified in women's health physical therapy and has been providing PT for more than 25 years. She provides training and workshops in women's health and has taught prenatal, postpartum exercise for 18 years. She received her PT degree from SUNY-Buffalo in 1982, her doctorate from MGH Institute of Health Professions in 2010 and completed her yoga teacher training in 2006.