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with **Cathy Kyle Fenton**

**Saturdays, February 22, 29 &
March 7, 2020**



ALIGN — BREATHE — RESTORE



**Hypopressive Low
Pressure Fitness**
with **Cathy Kyle Fenton**
**Saturdays, February 22, 29 &
March 7, 2020**
1:00-2:00pm



Prevention and retraining of pelvic floor dysfunction including incontinence, diastasis recti, pelvic organ prolapse, and overactive pelvic floor.

For more info email:
cathykyle@gmail.com

Attend all 3 classes for \$75.00 (plus HST)
Call The School of Dance at 613-238-7838 to register.

200 Crichton Street
Ottawa, ON K1M 1W2
613-238-7838
admin@theschoolofdance.ca
www.theschoolofdance.ca

**The
School of Dance**