

Core and the Pelvic Floor



Reconnect to Your Core from the Inside Out

Join us for a fun and empowering 2-hour workshop designed to help women understand and strengthen your core and pelvic floor — the foundation of posture, movement, and stability.

- 🧘♀️ Learn how breath, posture, and core muscles work together
- 💪 Practice safe, effective exercises for strength and balance
- 🌟 Build confidence, improve alignment, and enhance performance

Sunday, November 16, 2025 | 11:00 AM – 1:00 PM

📍 Vitti's Dance Studio

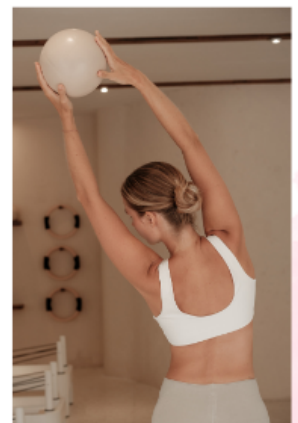
10 Precision Road, Danbury, CT

Early Bird \$40 (until 11/15), Day of: \$50.00

What to Bring: Yoga mat

Water bottle, Towel

Yoga block/Ball (optional)



Register at vittisdancestudio.com to secure your spot!

Presented by: Cindy Hopkinson, MS, Exercise Science & Health Promotion
Postural Alignment Specialist | Core Confidence Specialist