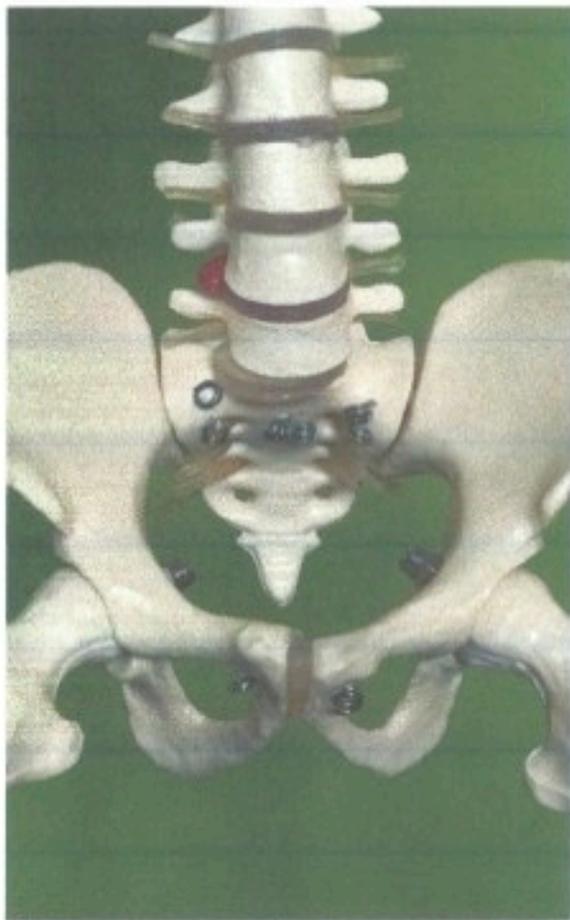


# Unlocking the Pelvis

The Key to a healthy back, hips, knees



a workshop led by  
**Heather Gustafson**

RN, BSN, MBA, E-RYT500, IPT

Several muscle groups contribute to a stable pelvis, and common imbalances in these muscles create the conditions for pain and strain. Learn which muscles need lengthening and which ones need to be strengthened or released — you may be surprised!

This educational and experiential workshop is founded on author and neuromuscular therapist, Lee Albert's innovative work, Integrated Positional Therapy (IPT).

*As seen on PBS!* 3 Steps to Pain Free Living

**\$40**



Heather Gustafson is a licensed wellness practitioner and educator with over 30 years experience. She is the founder of Reset Relief which incorporates yoga, meditation and Integrated positional Therapy (IPT). IPT is groundbreaking work in pain relief developed by author and neuromuscular therapist Lee Albert to address the root cause of pain. Please visit [www.resetrelief.com](http://www.resetrelief.com) for more information.

**SUNDAY 4/19**

**11:00-12:30**



BALANCED *for* LIFE  
YOGA THERAPY

Devon PA | 267-226-7767  
[balancedforlifeyoga.com](http://balancedforlifeyoga.com)