

# Core In Focus: Developing Stability and Strength in Your Yoga Practice with Diana Zotos Florio

## Saturday March 16, 2019 3:00-5:00pm



Diana Zotos Florio is a local mom of 3, physical therapist, yoga teacher, and strength and conditioning specialist. She is the co-founder and co-director of Threes Physiyoga Method® and owner of Diana Zotos, PC. Diana integrates yoga and physical therapy together to treat orthopedic, chronic pain, or preventative medicine patients. Diana received her physical therapy Masters degree from Hunter College in 2006 and spent the next 7 years working at Hospital for Special Surgery. She employs an integrative treatment model that utilizes manual therapy, awareness, breath, movement, and education to empower the patient to understand their body and their pain for lifelong management and recovery. Diana educates yoga teachers to be part of the integrative healthcare model in her advanced yoga teacher training, and physical therapists how to integrate the tools of yoga into clinical care. Visit her online at [dianazotos.com](http://dianazotos.com), [threesphysiyoga.com](http://threesphysiyoga.com)

In this workshop you will learn scientifically proven strategies for turning on and connecting to your **DEEP** core, then build your strength and endurance with more challenging core exercises.

We will practice deep abdominal muscle activation training that you can take into yoga, pilates, cross-training, running, *and* your daily life to create new movement patterns, efficiency, and prevent injury.

We will discuss how the breath, the pelvic floor, and overall posture can make lasting changes. We will also examine the bandhas and their influence on the optimal core.

### You will:

- ❖ Learn basic relative core anatomy
- ❖ Understand the core functions
- ❖ Re-educate and release to rewire and fire the core
- ❖ Strengthen and move in functional patterns with challenging core work

All levels welcome!

Investment: \$40 pre-registration/\$45 at the door.  
You can pre-register at the studio or online,  
[www.yogalifepw.com](http://www.yogalifepw.com)

