



Gals against Gravity Workshop

Discover how breasts can impact posture & thereby quality of life (pain, participation, performance & more)

The aim of the workshop is to increase your awareness of the gravitational effects of the breasts & how to manage them

Workshop objectives:

- Explore the extent to which breast weight can be a barrier for women and girls
- See the value of using an optimally-fitted bra as a postural proprioceptive support
- Appreciate the relevant research
- Recognise optimal and poor bra fitting
- Be aware of the PostureFitting Physiotherapy service and how it can broaden your practice offer

+ option to "Feel the Fit"

Posture

Consider the daily effects of gravity on our bodies and how we can influence this both intrinsically and externally

Breasts

Understand breast anatomy and the biopsychosocial effects of breast weight on women and girls, including its influence on activity participation

Bras

Learn about bras and how they can provide postural and proprioceptive support, when optimally fitted with alignment awareness

Bra Fitting

Why do so many women wear poorly-fitting bras? Plus the benefits of an optimally-fitted bra, and optimal vs poor fit

PostureFitting uplifts how women & girls feel, move, look

Meet Siobhán O'Donovan ("The Booby Physio")

MSc, Dip Orth Med, Chartered Physiotherapist

Creator and founder of the **Gals against Gravity** workshop
& the PostureFitting physiotherapy service

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Discovering first-hand the immediate effect an improved bra-fit had on my posture was the lightbulb moment in which I connected the worlds of alignment and lingerie. The physio-led PostureFitting system evolved as a result of this epiphany, merging our internal & external support systems.

PostureFitting is founded on extensive research into posture, breast health & management, and bra type & fit.

The **Gals against Gravity** workshop was created to highlight this under-recognised issue affecting all women & girls to anyone working with them, and is the first step on the PostureFitting pathway.

Growing our **Gals against Gravity** community can spread the positivity of successful breast weight & posture management worldwide. Please join us in our mission! *Siobhán*

EDUCATE

EMPOWER

ENLIGHTEN

Would highly recommend this course – as a physiotherapist working with women, this is such a valuable skill to have (TJ)

Empowering women in a simple, yet effective way (EF)

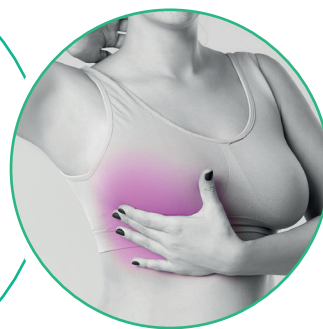
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Online 12+ CPD hours over several evenings or weekends,
(bespoke to suit delegates) £345 / €395



This new and innovative physiotherapy system assists women of all ages & life stages to gain & maintain their optimal posture via breast weight management

Enhancing upper & mid back support, the PostureFitting approach uses an optimally-fitted bra to aid postural improvements



Posture

Breasts

Bras

Bra Fitting

Please note this workshop covers the role & importance of optimal bra-fitting. Learning how to fit a bra is in the next level of training, which is by invitation only to become a PostureFitting Partner, following attendance at this workshop.

**Contact +353 (0)87 767 8873 to be added to
WhatsApp interest group for updates
& "first dibs" on dates
siobhan@posturefittingphysio.com**

Join the GALS
against GRAVITY
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