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## Cultivating Pelvic Support

Begin in Savasana. Take the first few moments to scan the body for tension and invite it to let go. Notice how your body feels on the floor and allow your mind to begin to slow down.

From a place of relaxation begin the first exercise.

### *Pelvic Floor:*

Lie on your back with your knees bent, and the soles of the feet on the floor.

Become aware of the length of your pelvic floor, from your tailbone to your pubic bone. It might help to visualise the muscles wrapping around in a figure of eight around/between your anus, vagina and urethra.

Begin by engaging the muscles around your anus. See if you can isolate this area. As you engage the muscles, be mindful of keeping your belly, lower back and legs soft and relaxed, and your breathing even. Sometimes it can be helpful to make a fist with your hand, so that you tighten the fist as you engage the muscles, release the fist as you let go. Repeat...

Next bring the tips of your fingers to your thumbs like a zucchini flower that opens and closes as you engage the muscles. Shifting your awareness to the muscles around your vagina, begin to isolate this area as you engage the muscles. It's almost like you were trying to close the vaginal walls inwards towards each other, but try and keep the pressure even on all sides. Remember to breathe and to relax...

Now bring the first finger to the pad of the thumb. As you engage the muscles you draw the finger to the thumb as you relax you let go. This next movement is very subtle, almost like silk. Bringing your awareness to the area around your urethra, isolate and engage these muscles, then release. Repeat...

Now try to access each part but in different orders. Using the hands symbol to keep track of where you are! Play with it.

It's just as important to relax the area and release any residual tension after the exercises. So either tuck the knees into your chest, or bring the soles of the feet together and allow the knees to drop out towards the floor.

### *Transverse Abdominus:*

Lying on your back, keep the right leg straight, but bend the left knee, bringing the sole of the left foot to the floor. Breathing in, and then breathing out. As you breathe out, allow the left knee to open out towards the floor. Keep the pelvis stable throughout the entire movement. At the same time, your opposite arm (right) moves out along the floor, providing a bit of balance. Breathing in draw both the arm and the knee back to centre. Repeat...

Then practise with the other arm and leg.

*Integrating all the Muscles:*

This time keep your knees bent, the soles of the feet on the floor (as we did in the first exercise). Roll your pelvis in a circular rotation almost like a clockface. Move from 12 to 1 to 2 to 3 and so on.... Feeling which part of the circle might feel tight. Be mindful of pressing your feet into the floor and keeping your back soft and relaxed. Your lower back shouldn't move at all.

Now make sure you allow yourself a nice relaxation. Not only does it help your body to integrate all the benefits of the exercises, but it's also nice to have time to just be ☺

*Enjoy. And if you have any questions, please don't hesitate to ask.*