

Notes :

1 Deep squat



Stand up with feet shoulder width apart
Squat down keeping your weight directly over your feet
Hold for 30 seconds focusing on relaxing the pelvic floor with each exhalation.

2 Child's pose



Begin kneeling on all fours. Push back and rest your buttocks on your heels and your arms by your sides. (To make more room for your body: separate your thighs)
Rest and breathe allowing your body to completely relax for at least 30 seconds.
You can rest your forehead on a towel for greater back and neck support.

3 Happy baby stretch



Begin lying flat on your back. Grasp your calves, thighs or ankles/feet, where comfortable. Your feet should be facing the ceiling and your lower leg perpendicular to the floor.
Then relax your pelvic floor muscles and breathe deeply into your belly, guiding your breath all the way down to your anus and vagina. Breathe deeply like this, fully relaxed around your hips and pelvis for a minute.

4 deep abdominal breathing practice



Lay down flat on your back, knees bent up and feet flat on the floor.
Place your hands along the sides of your lower ribs, shoulders relaxed.
Slowly inhale, ribs should move in an outwards and upward direction, widening your ribcage as you inhale and your belly should gently swell.
when exhaling, ribs should passively move down and your belly should gently recoil.
Monitor for this movement with each breath.

5 Cat and camel



Begin on hands and knees in a kneeling position. Keep your wrists under your shoulders, knees under hips. Start with your back level (flat) , inhale as you slowly extend your spine into the cow position i.e. gently arch your back, tipping your tail & sit bones up towards the ceiling looking up as you inhale deeply.
Exhale as you slowly round your back into the cat position. i.e. gently draw your pelvic floor muscles up and in, round your back and look down.
Move through entire available range of movement with each inhale and exhale.
The movement should be timed with the breath so that each movement begins and ends with each inhalation/exhalation.
Repeat the cycle ten times.