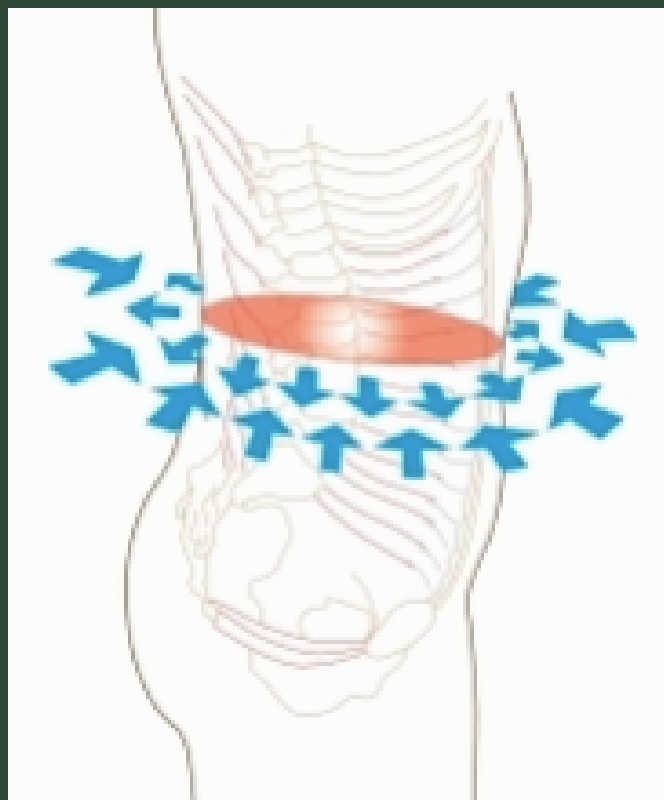
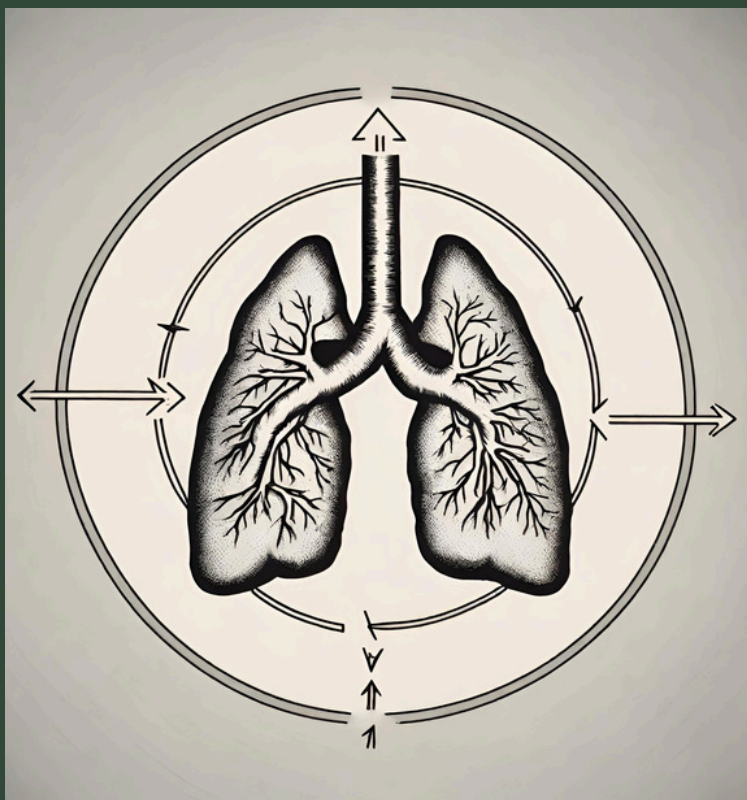


CORE BRACING

Tips:

- should be fully comfortable with 360 breathing pattern first
- want the engagement to be like a zipper, starting with the pelvic floor (PF) and going up
- need to start with a fully relaxed PF before we begin contraction



PELVIC FLOOR RELAXATION

1A: Supine Butterfly

- each inhale PF fully opens
- each exhale PF stays open and relaxes



1B: Child's Pose

- inhale 360 breath as PF opens
- exhale to relax fully and stay open
- modify position as needed



Helpful Cues:

- think of gently opening for the stream of urine (don't push)
- imagine all three holes opening in every directions
- picture a flower blooming open
- like a fist opening up

Tips:

- make sure you are fully comfortable so body can relax
- goal is to be passive
- aim for 2 minutes - start with 30 seconds and progressively work way up

Breath Notes:

- each inhale 360 breath and feel the PF open and fully relax
- each exhale fully soften and relax PF - let go

PELVIC FLOOR CONTRACTION

2A: Supine Kegel

- inhale 360 breath
- exhale to lift PF in and up
- should feel some lower abdominal engagement



Helpful Cues:

- drawing in and up
- scooping in and up
- stopping stream of urine and pulling back in and up
- picking up a blueberry with vagina
- picking up a tablecloth from the middle
- sipping up a thick smoothie with a straw

2B: Squat Integration

- inhale squat down to relax PF
- exhale to engage PF and stand up



Tips:

- start with a fully relaxed PF before engaging
- glutes should be soft (not be engaged)

Breath Notes:

- each inhale 360 breath and feel the PF open and relax
- each exhale engage PF by drawing in and up

CORE ENGAGEMENT

3A: Kegel + TAs

- start with kegel then continue to carry that up
- think of closing the space between the two hip bones
- should feel a scooping sensation and tailbone draw under



3B: Rectus Abdominus

- feel like doing a crunch without actually moving
- think of tightening up both sides of the core and squeezing them in



3C: Ribcage Stacking

- don't want to grip the ribcage
- positionally draw it down (retract) so it can still expand with breath



3D: Diaphragmatic Breath

- inhale 360 breath
- exhale kegel, TAs, rectus, ribcage
- feel like a wave/zipper/corset
- watch neck/shoulders don't get pulled



CORE ENGAGEMENT

3E: Full Brace

- inhale 360 breath
- exhale zipper to engage core
- each inhale add more breath (pressure)
- each exhale "rezipper" without losing engagement



3F: Quadruped Brace

- inhale 360 breath
- exhale zipper
- challenge: try other positions like seated/standing



Helpful Cues:

- zipper
- elevator ride
- corset

Breath Notes

- each inhale 360 breath
- each exhale should start the contraction of the core
- breath should work in tandem with the deep core

Tips:

- set posture first:
 - **lying:** gently press back of head down, shoulder blades scooped + ribcage down
 - **hands/knees:** draw chin in and back of head to ceiling + find stack of spine
- always start engagement from the bottom up
- use the exhale to start the PF and deep core contraction