



Yoga for Pelvic Floor Health and Incontinence

13 JUN 2023

WEEK 1

Virginia Walker -
YTT 500hr & Doula

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Yoga for Pelvic Floor Health and Incontinence – Course Overview

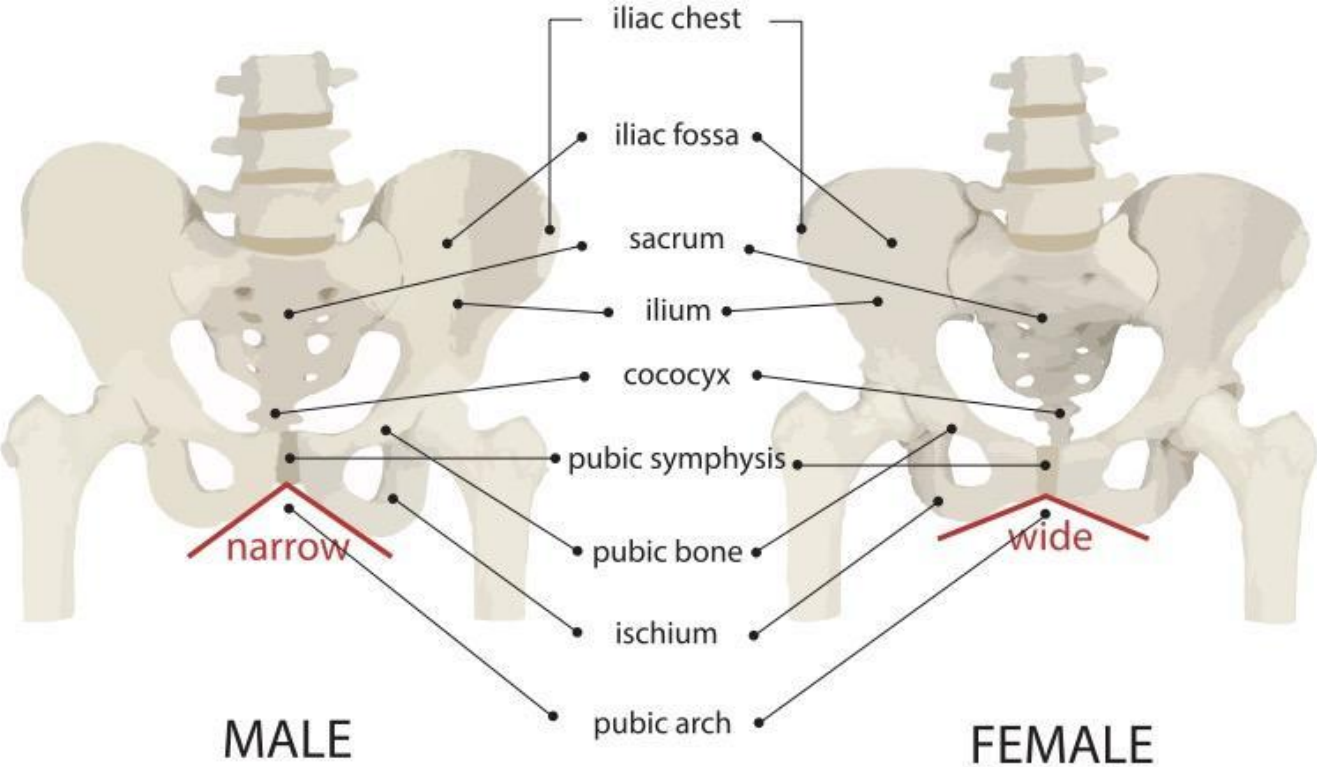
- Week 1 - Anatomy
- Week 2 - Exercising with Prolapse
- Week 3 - Hyper & Hypotonic Pelvic Floor
- Week 4 - Activating the Core Muscles
- Week 5 - The Pelvic Floor and Vagus Nerve
- Week 6 - Closing Practice

Yoga for Pelvic Floor Health and Incontinence – Week One

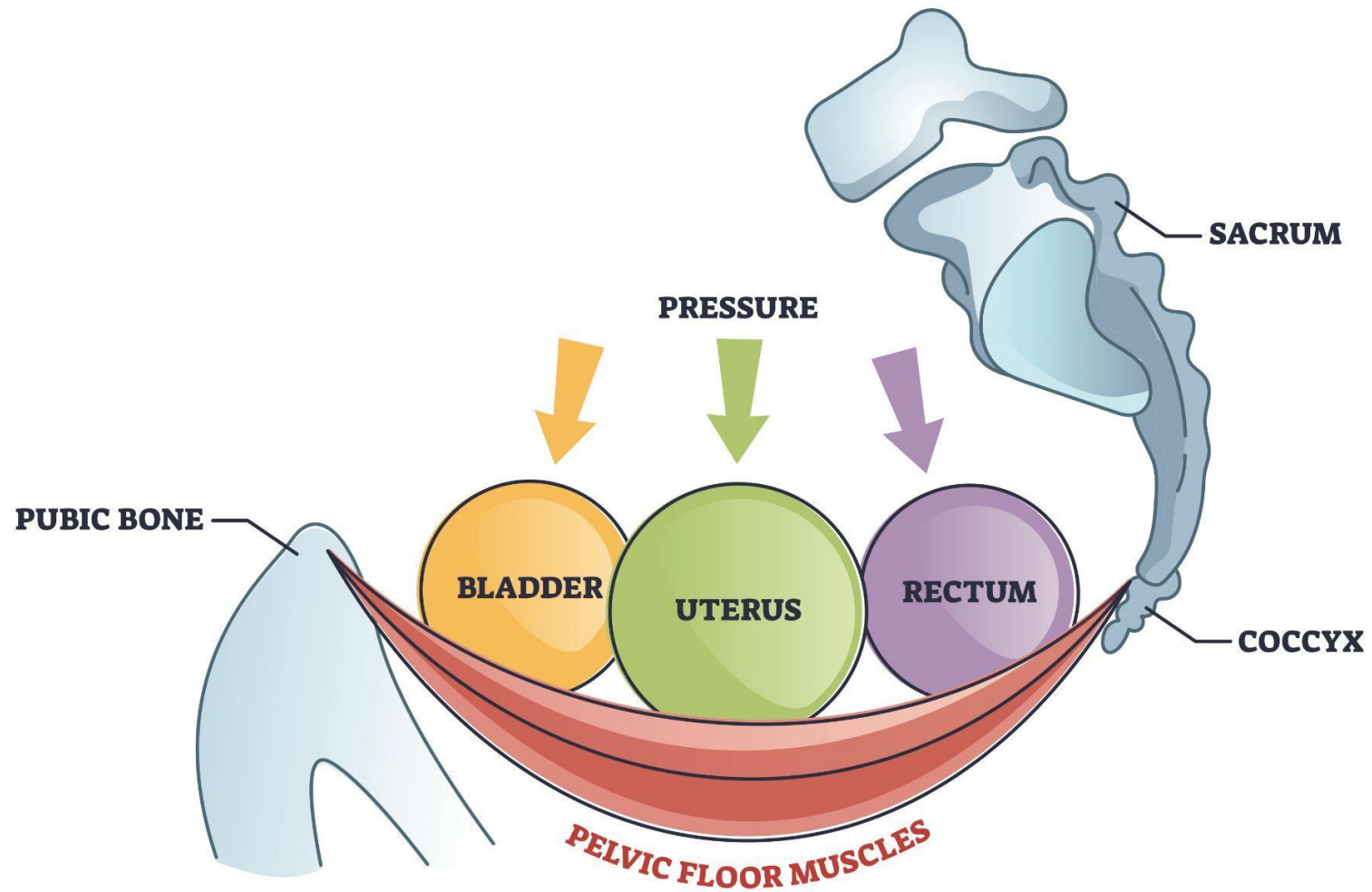
- Anatomy of the pelvis – male and female
- Introduction to the pelvic floor
- Pelvic floor exercises
- Incontinence
- Exploring other muscles, bones and tissues related
- Diaphragmatic breathing
- Yoga poses for pelvic floor health
- Discussion - Questions and Comments

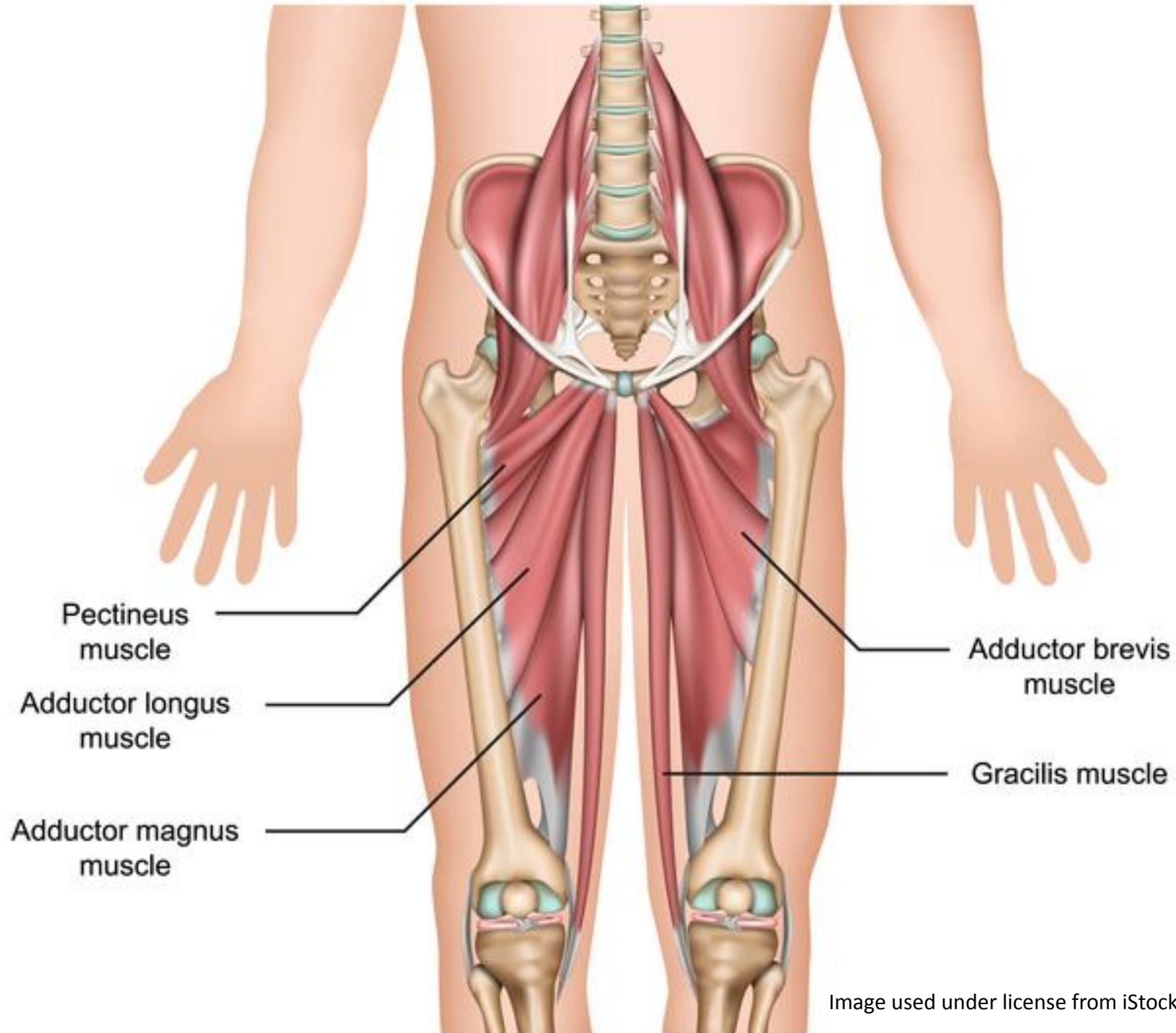
PELVIC BONE

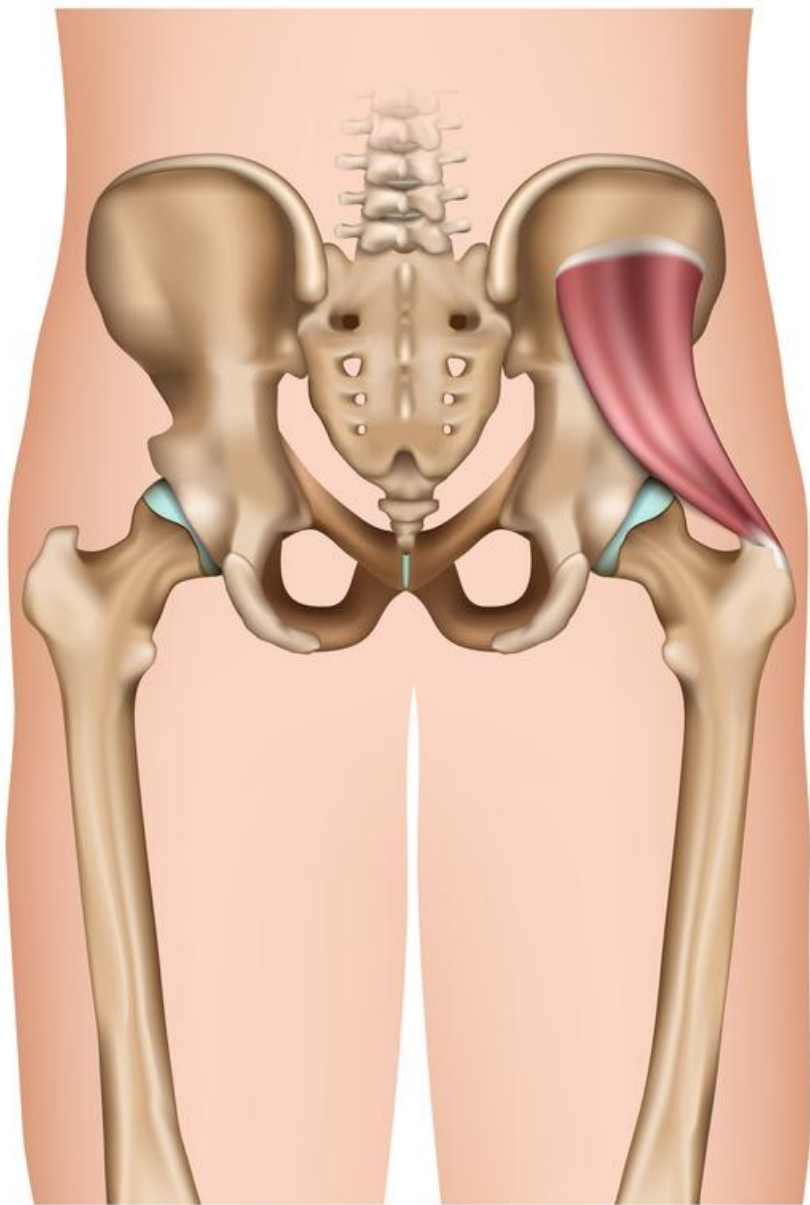
ANATOMY HUMAN



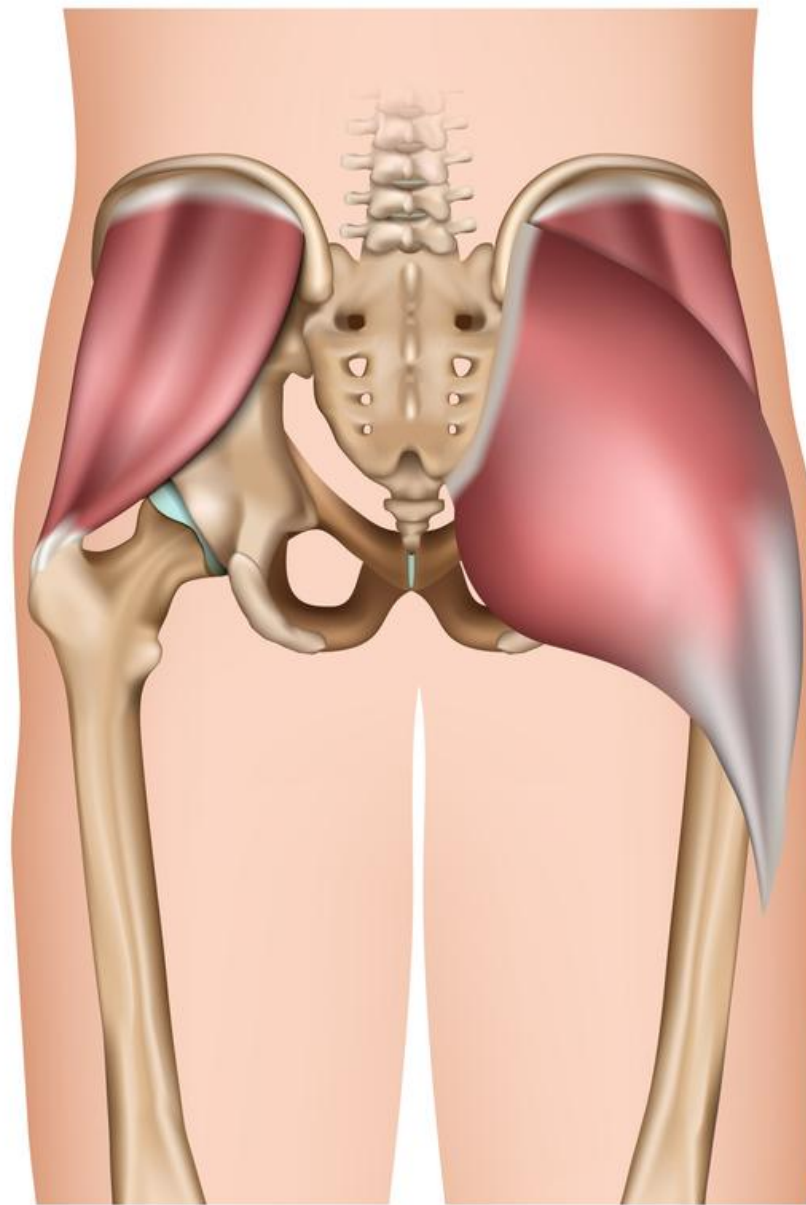
PELVIC FLOOR MUSCLES





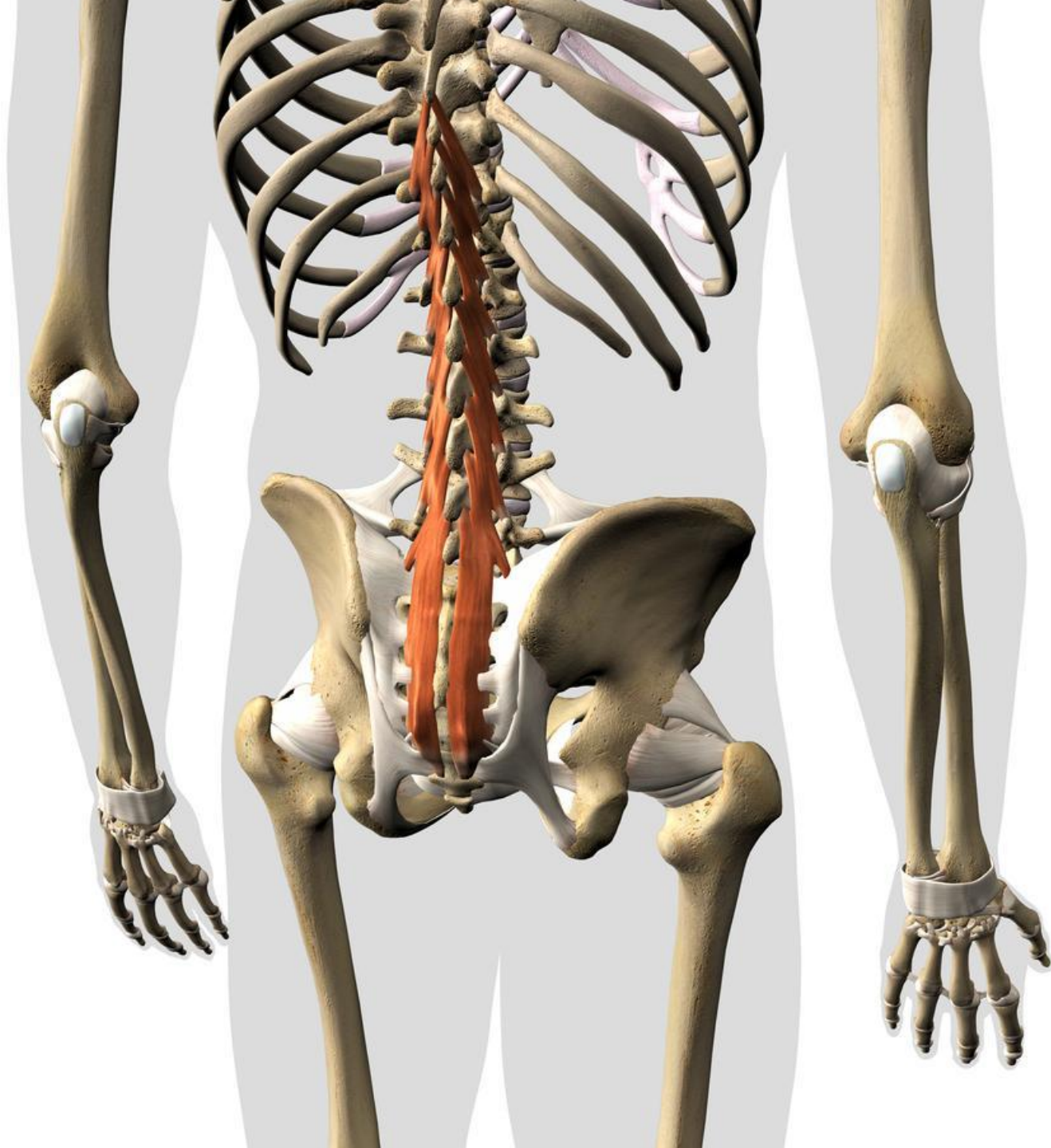


Gluteus minimus

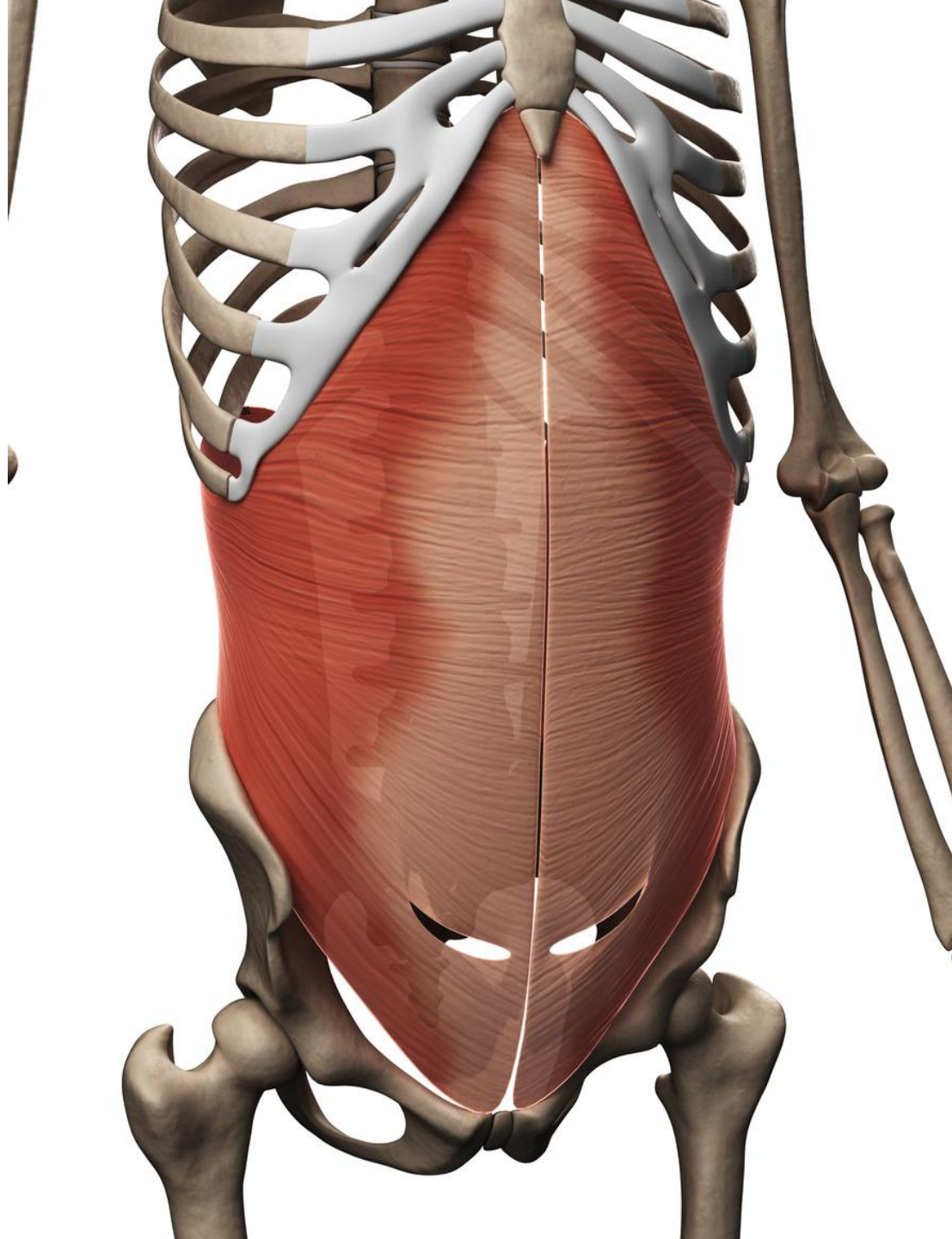


Gluteus medius Gluteus maximus

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Multifidus



Transversus Abdominis

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Types of Urinary Incontinence

- Urgency
- Stress
- Functional
- Overflow

Tips to help Urinary Incontinence

- Daily pelvic floor exercises
- Stop Smoking
- Be conscious of what types of exercise you are doing - choose strengthening exercises over high impact exercise.
- Avoid lifting
- Lose excess weight
- Treat constipation promptly
- Cut down on caffeine, alcohol - drink plenty of water
- Eat the right foods - eliminate spicy and acidic foods

<https://www.nhs.uk/conditions/urinary-incontinence/10-ways-to-stop-leaks/>

Yoga – Breathwork, Poses, Movement

- Diaphragmatic breathing
- Neutral Pelvis
- Mountain pose (Tadasana) – using yoga blocks
- Mountain pose (Tadasana) – breath in neutral / breath with flexion in lumbar spine
- Supported Bridge - (Setu Bandha Sarvangasana)
- Back bending asana - open thoracic and lumbar facet joints - lose flexibility with age
- Warrior 2 (Virabhadrasana II)
- Child's pose - (Balasana)