



Yoga for Pelvic Floor Health and Incontinence

04 JUL 2023

Week 4

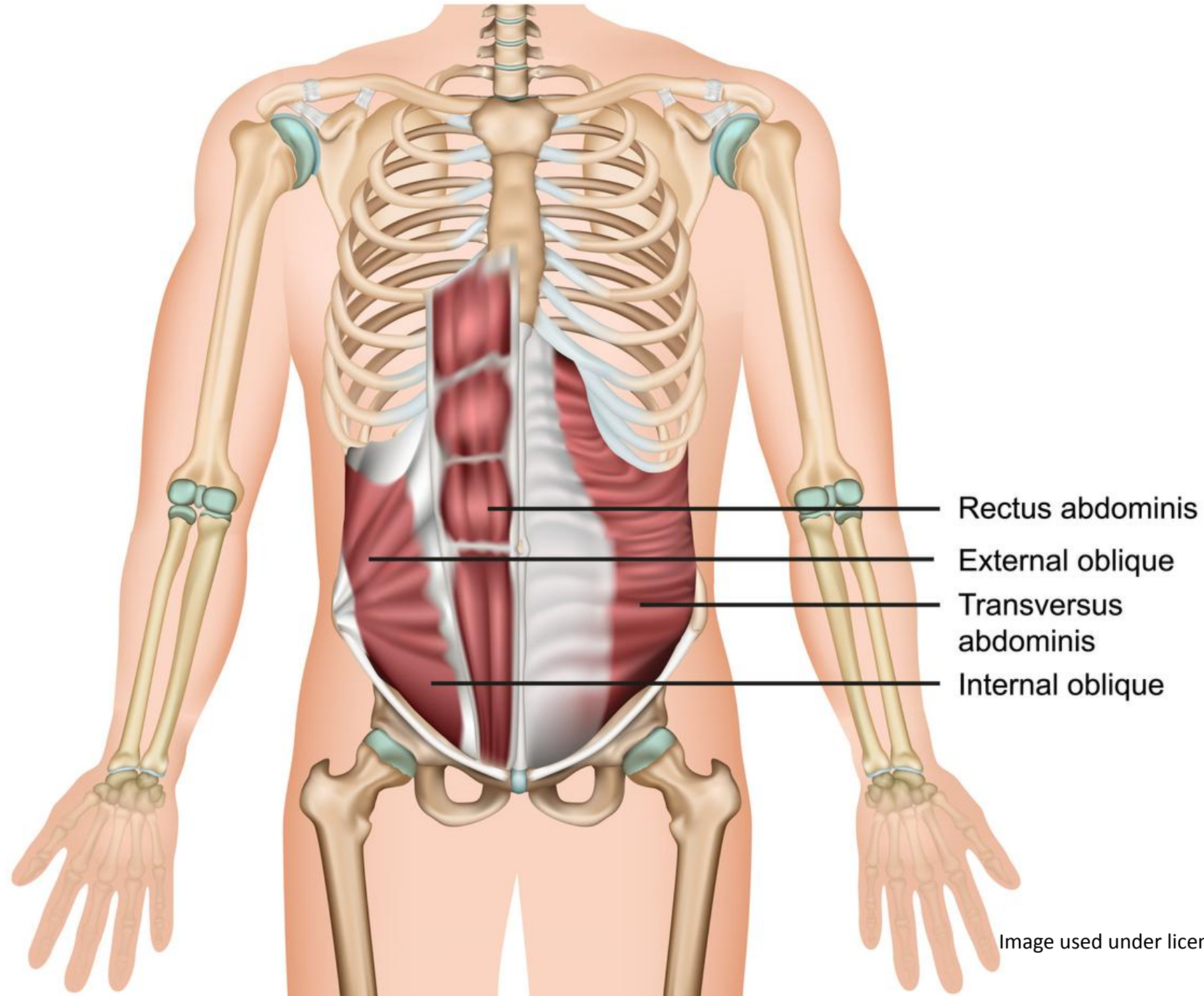
Virginia Walker -
YTT 500hr & Doula

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Yoga for Pelvic Floor Health and Incontinence – Week Four

Building Core Connection

- Introduction to the core muscles
- Understanding the relationship between these deep core muscles and the pelvic floor
- Finding and engaging the deep core muscles
- Breathing exercises
- Diastasis Recti Abdominis
- Yoga poses to strengthen the core & pelvic floor
- Yoga poses to relax the core & pelvic floor



Rectus abdominis

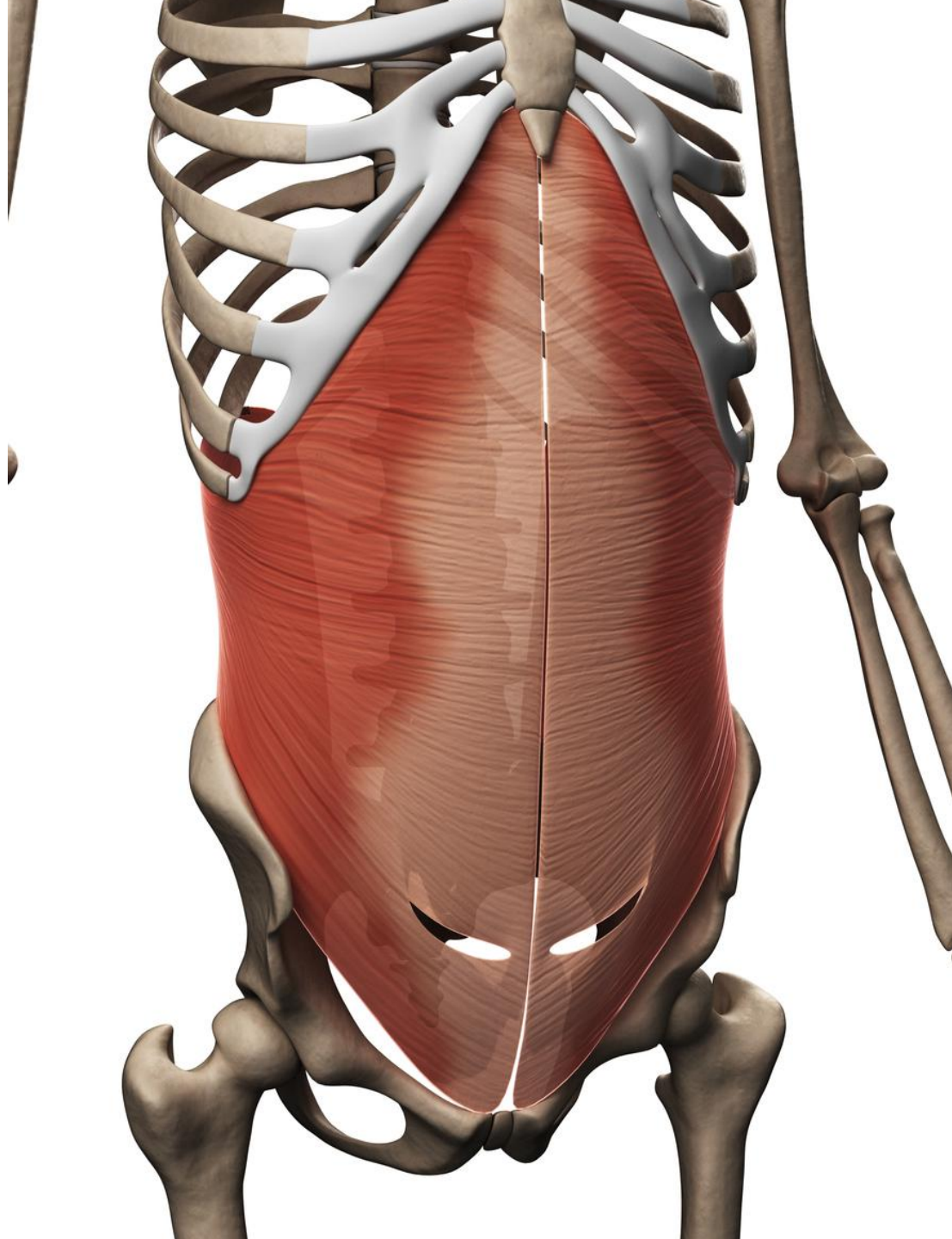
External oblique

Transversus
abdominis

Internal oblique

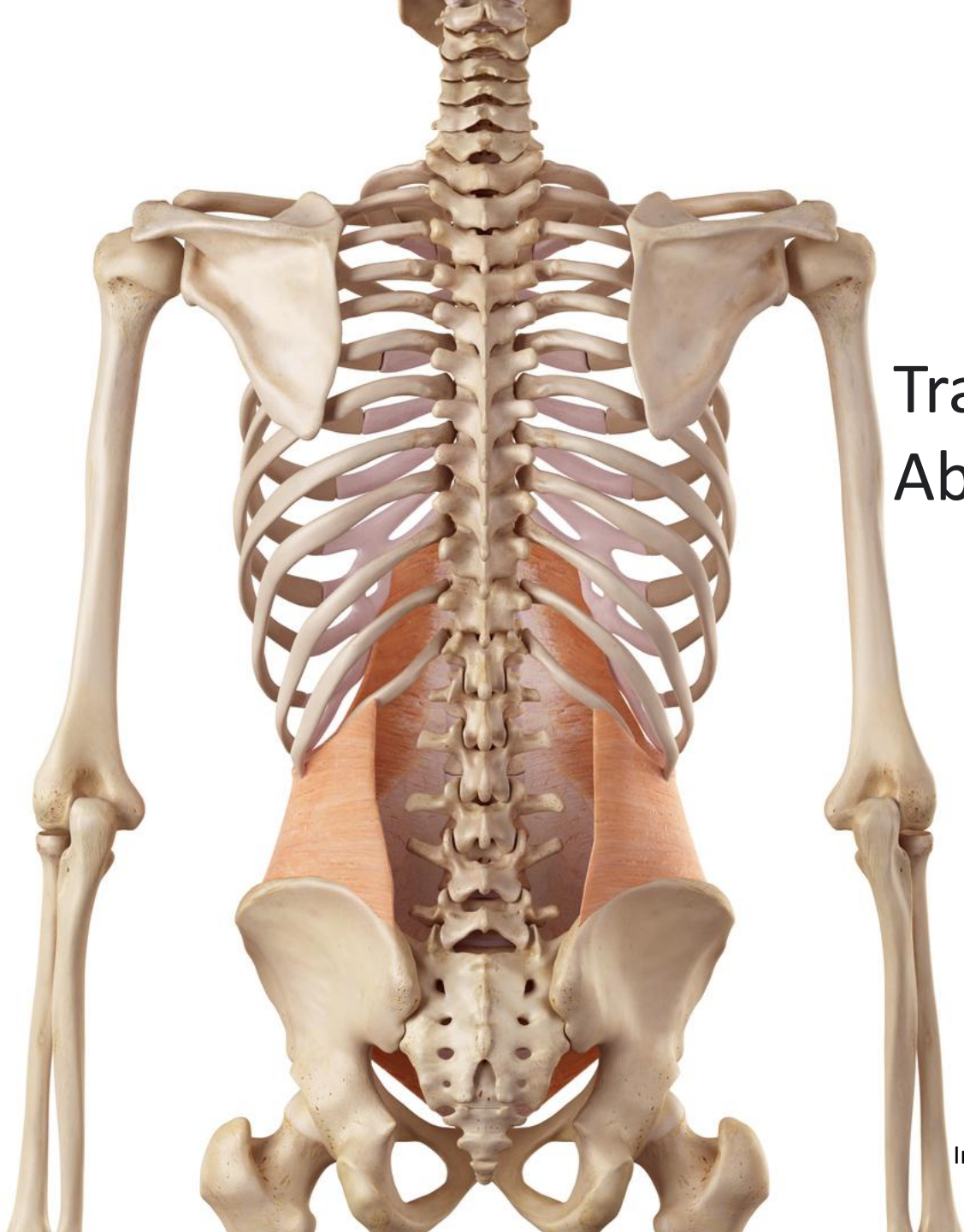
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Transversus Abdominis

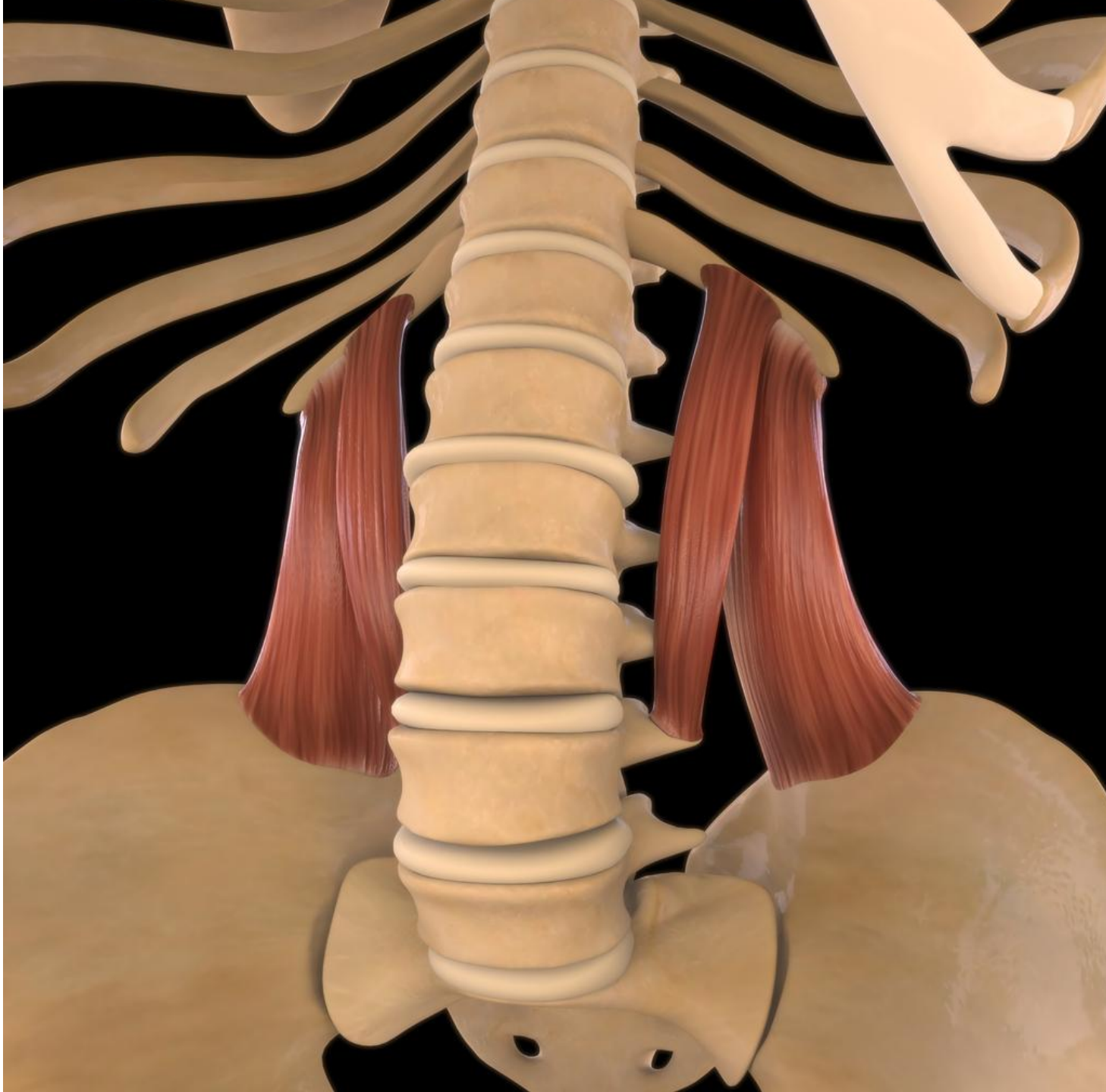
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Transversus Abdominis

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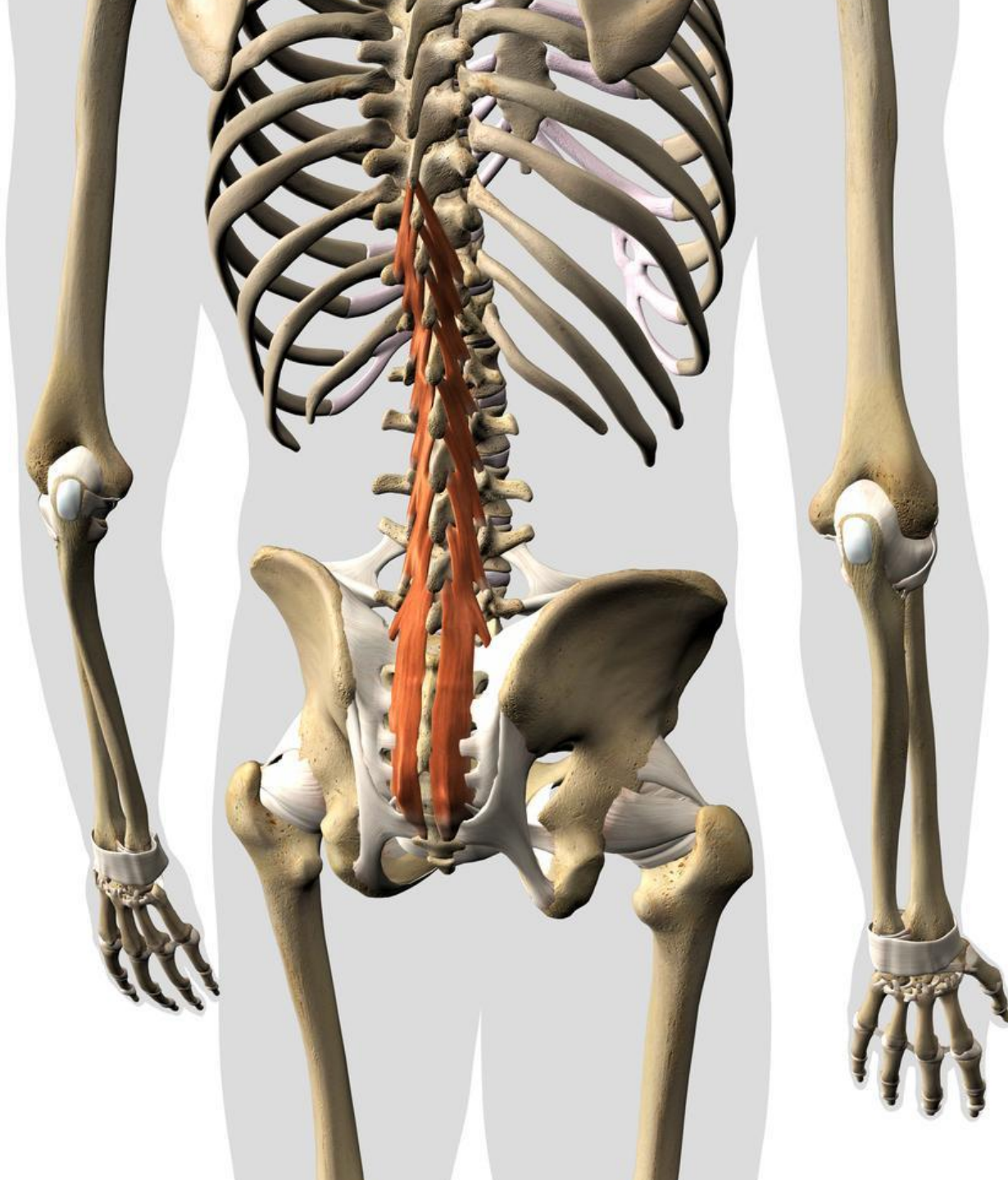
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Quadratus Lumborum

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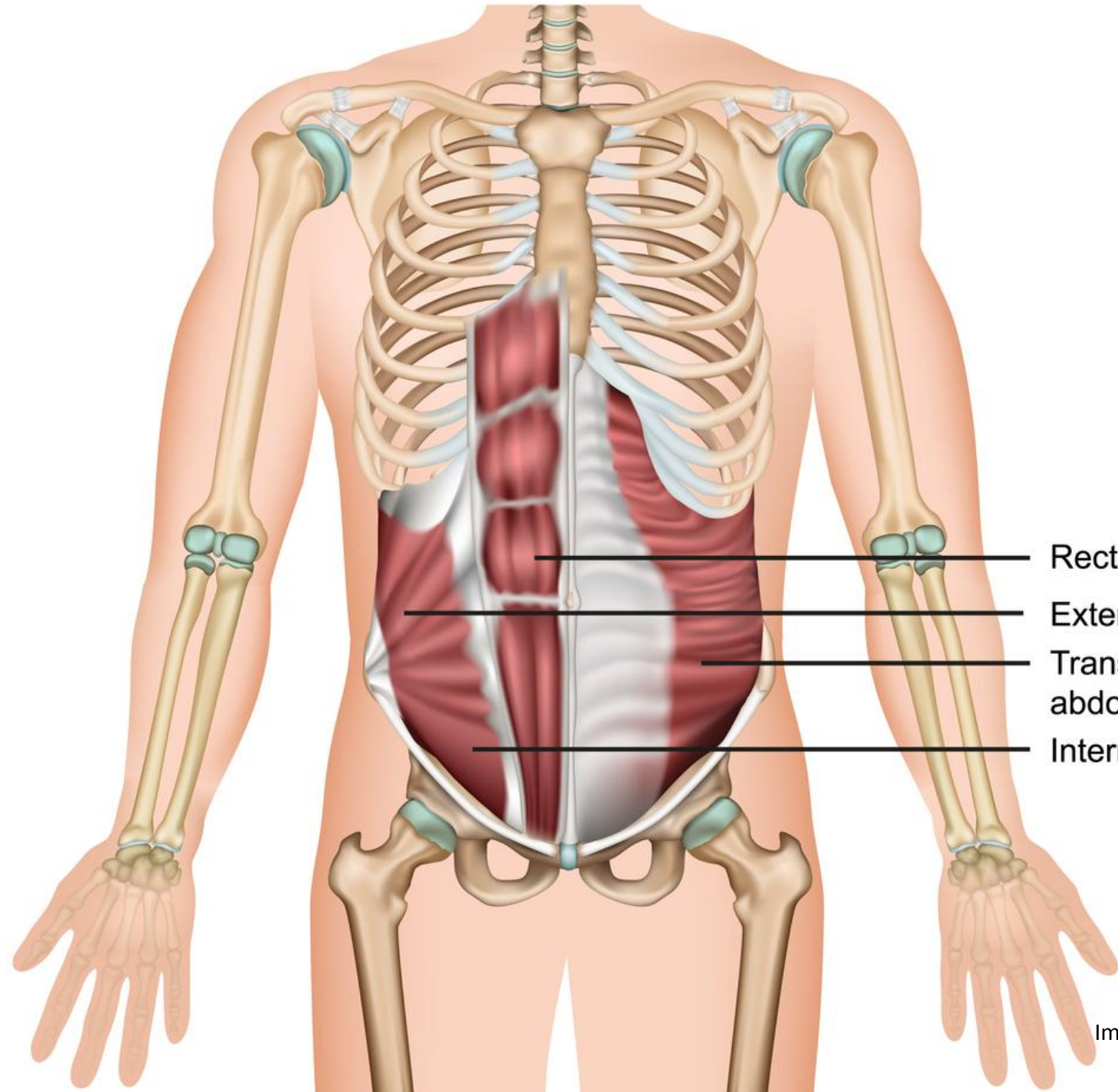


Multifidus

Yoga for Pelvic Floor Health and Incontinence

How to Engage the Core...

- Connect to the breath
- Imagine you are trying to magnetise the front hip points towards each other (lower abdomen engagement)
- At the same time, imagine you are trying to knit the ribs towards each other (upper abdomen engagement)
- As you exhale, a feeling of drawing the navel back towards the spine
- all at the same time.. it takes practice.
- Keep breathing!



Rectus abdominis

External oblique

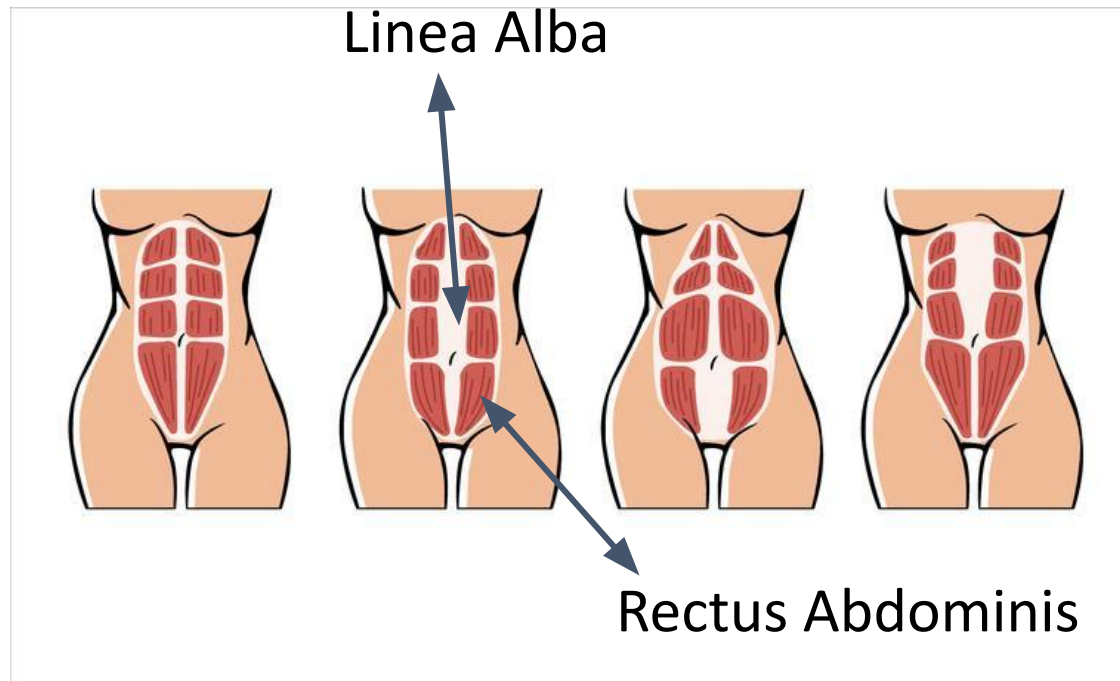
Transversus
abdominis

Internal oblique

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Diastasis Recti Abdominis (Abdominal Separation)



Yoga – Breathwork, Poses, Movement

- Breath of Fire (Kapalabhati)
- Belly breathing on front with prop
- Pelvic floor exercises
- Leg slides
- All Fours – arm raises
- All Fours – leg raises
- Squat (Malasana)
- Plank Pose (Phalakasana)
- Warrior 3 (Virabhadrasana III)
- Childs pose (Balasana)
- Bridge variations (Setu Bandha Sarvangasana)