

# **Pelvic Floor & Breathing**

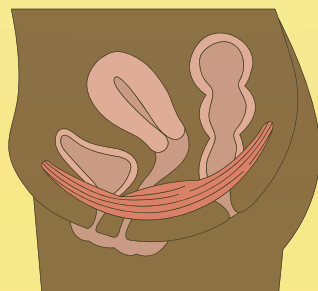
How They Work Together  
for Healing & Strength



# What is the Pelvic Floor & Why Does It Matter?

The pelvic floor is a group of muscles at the base of your core. It supports your bladder, bowel, and reproductive organs and plays a key role in posture, stability, and movement.

A healthy pelvic floor contracts and relaxes in sync with your breathing. When this connection is lost (due to pregnancy, surgery, stress, or injury), it can lead to weakness, tightness, bladder issues, pain, or discomfort.



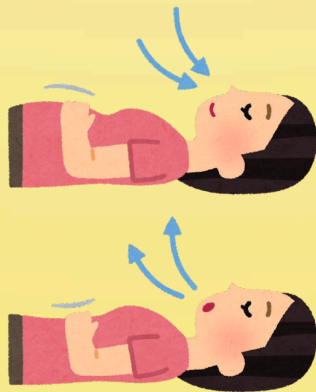
# How Breathing Affects Pelvic Floor Recovery – Part 1

Your breath + pelvic floor = one unit!

Inhale → Diaphragm & pelvic floor lower

Exhale → Diaphragm & pelvic floor lift.

If your breathing is shallow, your pelvic floor can't move freely, leading to tension & restriction



# How Breathing Supports Pelvic Floor Function

Proper 360° breathing helps:



Improves circulation & oxygen flow to healing tissues.



Reduces pressure on the core & pelvic floor.



Encorages better muscle coordination.



Supports strengthening AND relaxation.

# Step-by-Step: Connecting Your Breath & Pelvic Floor

**STEP 1** Find a comfortable position  
(lying down or seated)

**STEP 2** Place one hand on your ribs,  
the other on your lower belly

**STEP 3** Inhale → Feel your ribs,  
belly expand, & pelvic floor gently  
relax

**STEP 4** Exhale → Imagine gently lifting  
your pelvic floor while breathing out

**STEP 5** Repeat slowly for 5–10 breaths,  
focusing on gentle movement, not  
force

# **Your Breath is a Powerful Tool – Keep Practicing!**

Even small changes in breathing can make a big difference! The more you practice, the easier it becomes to connect with your pelvic floor.

## **Try this daily:**

5–10 minutes of relaxed 360° breathing

Focus on gentle movement, not squeezing  
or forcing

Apply this breathing when moving,  
stretching, or even lifting

**If you'd like extra support, book a session  
for a personalised assessment &  
coaching**

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