



Video Transcript

Breath, Pelvic Floor Exercises, And Yoga For Baby & Body

Hello, beautiful mamas. My name is Rachel, and I am so excited to be here with you. Moms are my family.

So I want to start by saying, congratulations. You made time for yourself. I want you to make the commitment today as a pregnant mama to commit to showing up for yourself, even when your baby is like over there or over there or over there or all over because that's basically what they're going to do. It is so important to fill yourself, my body and spirit, so you have everything possible to pour into your little people. So with that said, let's connect to our little person. Go ahead and take your hands to your womb and just say hi to baby, right oftentimes our day runs so quickly that we don't have a chance to just connect to that really exciting little person that special person that you created so say hi to baby knowing that this baby is in this journey with you and we're going to start with some pelvic floor work so you have a pelvic floor that lives in your pelvis and there's three layers to your pelvic floor. So on the exhale, you're going to exhale, lift, and engage, and inhale, relax, and lower.

So you have a front and a back kegel, vaginal and anal muscles. So make sure you feel the exhale, engage as well, the inhale, relax.

We'll do three more. Exhale, engage, inhale relax your shoulder exhale engage like you're holding urine in a toot and then let it go one more time exhale lift and hold for 10 nine eight seven keep lifting lifting five four three two and release make sure you're adding the activation of the transverse abdominals with the pelvic floor muscles you have eight, seven, six, five. Or you got it, three, two, and one more.

Exhale, engage, lift, and hold. Ten, nine, eight, seven, six, five, four, three, two, and one.

Roll the shoulders up, back, and down.

And I want you to just drop your ear to your shoulder, go out and take your hand to your ear, roll the shoulder back and down, gaze at the floor.

And come on up, shoulders roll up, back and down, drop your ear to your shoulder, hand to your head, breathe.

home masseuse come every day. It's not very realistic. So just know that you can love on your own body, right? So just go ahead and give yourself a massage up and down the neck and shoulder.

And remember, when you have your baby and you start to chest feed or bottle feed, you want to be careful that you don't get in the habit of scrunching your shoulders, right? We want the shoulders to live where they were intended to be, and that is not connected to our ears. Other side, magic fingers. And a lot of things in our bodies are just habitual, right? We don't even know that we're wearing our shoulders in our ears or clenching our jaw. So these moments are great times to just identify what's happening in the body, where we're feeling tight and give the body a chance to let the things that aren't serving us go. Right?

Awesome. Now let's take our attention to our abs. They're still there, even though you may be eight months pregnant. I promise you still have transverse abdominals. So you want to make sure we feel ourselves sitting right on top of our sit bones. And if you take your hands to your spine. You have muscles called transverse abdominals that originate from your spine and wrap around to the front and interlock. But when we're pregnant and we expand those muscles, the transverse abdominals, aka TA, can separate. So we want to practice during pregnancy to keep those muscles engaged, to hold weight of baby to prevent a lot of low back pain and if we continue to activate those muscles during pregnancy postpartum they remember how to work a little faster right to bring us all back together again so take a deep inhale relax everything exhale engage so transverse abdominals come together pelvic floor inhale open exhale good And again, remember,

these are your stabilizing muscles. So they're your muscles that help you move through your day or even sit up so you don't collapse, right? We're going to do three holding 10 seconds. So exhale, hold, pelvic floor, transverse abdominals, 8, 7, 6, 5, 4, 3, 2, 1,

take a deep breath. Exhale, engage, hold 10, 9, 8, 7, 6, 5, 4, 3, 2,

1 more. Deep inhale, exhale, hold it all together, yes? So if you're looking down at your belly, you should see it shrink. It's pretty magical. It's like you made your baby disappear and then let go. What we want to be mindful of during our life during our day is that interior tilt, right? So pregnancy pulls us forward, but you're going to use those muscles of the transverse abdominals in the pelvic floor to keep us in a neutral pelvic position, okay? It feels a lot nicer for the low back. So when you're ready, I want you to go ahead and stay seated on one block and take a nice wide straddle. So when we give birth, the best place or position to do that is a big squat position, which means we need to get in the habit of

opening our hips. But as women, as we can all agree, this is a very vulnerable place in our bodies. So most of us are used to closing that area. So now that we're in the safety of our home or wherever fabulous you are, just spread the legs. And I want you to use the block, bring it to the inner thigh. It's just kind of acting like an arm extender. Any side bend you do, I want you to lengthen on both sides, right? Versus, think about railroad tracks. When we turn a railroad track, it doesn't shorten and collapse, right? It just gently bends. So you're going to side bend. Keep thinking about lifting up and out of the hips.

And think about relaxing the glutes and the shoulders.

Amazing. And then go ahead, hinge forward. Try to keep your chest really long.

Shoulders back and down.

Beautiful. And then we're going to go to that other side. Reach up and over.

Good. Come back center hinge forward try to keep your sit bones rooted on your block

good and then let's go ahead and find a butterfly pose yes so if you have pretty flexible hips you can remove the block from underneath you those of us who are tighter in the hips. Using the block to elevate the hips makes things a lot more comfortable. So chest openers, really important in this stage of life, right? As our belly gets bigger and our breasts go, we tend to have a really tight chest because the weight of our chest and holding a baby bring us forward. So we want to do things to open up. So I want you to drop one elbow behind your shoulder back and just pull the elbow points back as you hug baby in and up so you're activating your pelvic floor as you do this and then reach out cross one arm across your chest drop your ear to your shoulder and surrender all you're here just notice if there's anything that's happening in your mind or in your body that you can release and then other side reaching up hold onto your elbow hug your abs in and up hug your baby find length as you root through the sit bones relaxing your hips and then arm goes across the chest drop your ear to your shoulder

Cool. Let's see if you can work on a reverse prayer. So it looks like that. You can stay seated where you are, but roll your shoulders back and down. See if you can crawl one hand up your spine, two hands. But notice my body. I don't want to arch. I don't want to collapse, right? So I'm sitting up nice and tall and you can start as low as you need to. Pull the elbow points back a little bit and start to just travel that prayer up your spine to the point where it's too far, right? If it's too far, you can back it down a little bit, drop your shoulders, elongate your spine, think about your pelvic floor, and just drop your chin to your chest, make little neck circles Down and around.

And one more and

beautiful. Let's go ahead and come to a tabletop position, right? Flex your feet. It's important to keep the legs baby width apart. So flex your feet, round your spine as much as you can.

Inhale, gaze up. Try not to arch your back too much, but spread your collar bones,

spread your sit bones.

Exhale, round, engage your pelvic floor.

Inhale, gaze up. Pull your shoulders back and down.

And exhale, round. And now I want you to separate your knees even more.

And just imagine you have a hula hoop on your waist. So you're just moving that hula hoop round and round. Baby's like, woo, we feel like we're going on a ride.

And then hit the reverse button. See if you can go in the opposite direction. Hip circles are a wonderful tool to use during labor to alleviate discomfort.

And a great tool to use when you're just feeling really tight right so now you're going to come into a child's pose and thread the needle as we say right one arm under the other reach your hips back

other side

And we're going to just take one block and rest it underneath our chest just to support us. I want you to take one leg and pull your heel to your hip, point your toes, tuck your tailbone, and just feel like you're kind of kicking your foot into your hand to get a nice release through your quad, yeah?

Tuck your tailbone, feel activation through your glute, but feel a deep release through your hip and your quad.

Amazing, breathe, breathe, breathe.

And then you're going to cross your ankle over your hip again if you need to sit on a block that's fine otherwise take one or two blocks sit up really tall and start to hinge forward it's easy to want to collapse but I want you to sit up really tall first and then see if you can hinge feel a nice release through the back of the legs a hip

and then you're going to cradle your leg and just open the hip a little bit more like you're rocking a baby just rock your leg from side to side. I like to add movement when I stretch certain parts of the body that are typically really tight because it allows us to remember to breathe, to flow, to try to not to just focus on the tension. Amazing. Let's do the other side. Sit up nice and tall.

All right. See how that feels. Actively flex both feet. And then see if you can start to hinge forward.

Try to do these stretches without a final destination in mind.

Because often we feel like we should be able to do certain things. But I want to remind you that your body is doing one of the most magical things ever, and it's creating life. So I'm kind of like, what else do you need to do? You're doing enough. Cradle your leg, back from side to side.

Awesome. And then we're going to sweep our legs to the other side right for our quad stretch on the other side so bend your knee be really mindful that you're not just letting your belly twist and hang on the ground so use those transverse abdominals the pelvic floor grab your foot kick your foot into your hand roll the shoulder back and down breathe

Neutral pelvis, keep pulling your thigh back. You'll know because you'll be like, oh, breathe, breathe.

Amazing. You're going to go ahead and let's sit on one block for a final meditation and connection to baby, to to body to self, right? So just hold on to your ankles, real your shoulders back and down so you feel grounded, right? So just feel your left and your right sit bone, making contact with the block.

And then visualize your vertebra stacking one on top of the next. Allow your shoulders to drop away from your ears.

I want you to start by just asking yourself, how am I?

Feel free to say it out loud.

Knowing that this journey is E, all of the above, on the multiple choice, Scantron.

Living life is beautiful.

It's scary. It's exhausting.

It's okay to feel both,

to feel one thing or the other. There's no right or wrong way.

Give yourself grace.

But know that you can't ever give yourself what it is you need if you don't take the time to be still to ask the question and more importantly to listen and receive.

When you're ready, place one hand on baby, one hand on your heart

And just send breath to baby and to your heart. Feel free to give it a color.

I see a beautiful violet light, violet,

representing royalty, because every mother is a queen. One more inhale.

And exhale all of that violet light around your heart,

around your body, surrounding your baby. Just a bubble of safety, protection, royalty, peace.

And when you're ready, you gently allow the eyes to open.

And I want you to, when you get off your mat, if you have a mirror right next to you, find it, or go find the closest mirror after this practice. I want you to

look in the mirror, see yourself, give yourself love, and make the commitment to show up for yourself every day, even if it's 30 seconds of breathwork while you're

on the toilet. If that's the only time you have, take it. I'll tell you my secret is like turning the shower on and creating a steam environment and just taking my time, right? So get in the habit of giving yourself the gift of time with self.

Yes, there's going to be many people in your life forever that need you, but it's

better to make sure that you give yourself what you need before you over-extend and give everyone else what they need. Because what it is is you deserve to receive. So

Take that time, get in the habit of asking for what you need, and doing nothing is not lazy. One more, deep inhale. Exhale, again, deep inhale.

Exhale, the light in me acknowledges the light in you, Mama, and baby. Have a beautiful and blessed day, and I hope to see you again soon. Bye.

