



Video Transcript

Breath-Infused Pelvic Floor Practice

Hey, I'm Melissa, and I'm so excited to bring this breathing practice to you because now we have covered so much in terms of pelvic floor. And if you've seen the other videos around a pelvic floor workout, I want you to experience that. I want you to see the more generalized breath work and pelvic floor exploration I've done also.

From this moment, 'cause this is, we're gonna go deep. We're gonna go deep into our sensing and deep with breath work. So let's start by lying down. And I really like to start out this way because it makes it easier to sense now because we are gonna be connecting to a very deep part of ourselves. Deep both.

Anatomically, but also profound and intimate. I want you to get really comfortable. So as you can see, I took off my glasses. I'm feeling comfy here on the floor, and I have my feet on the floor. I don't wanna necessarily create any pull to my lower back or my hips right now. And if you're completely comfortable with that, you do you.

This is your practice. But I want to start out here. Just so that the back is in a more neutral position and you don't have to try hard, let's allow gravity to move through our bodies in a really easy way.

Breathe. Feel the skull on the floor beneath you.

Sha your back. Let your back and shoulders widen along the ground and feel the support of the ground.

Let that support translate into other parts of you. Now let it sweep down your body. And feel the breadth of your lower back and your pelvis along the ground. Feel the lateral, the side to side width widening underneath you.

Relax your abdominal wall. And if you want to, you can even put your hands on your belly. Soften it up. Give it permission to release any tension. You don't need it. Na.

It is very important as we move forward that you keep your jaw and your throat relaxed. There are sphincters rings of muscle that line the oral tube through the body, out through the pelvis, pelvic floor, I should say. An even vaginal canal and anus. And I want all of those sphincters to feel relaxed,

and we'll talk more about that in a moment. I'm going to put my fingertips in the soft tissue space between my pubic bone and my pubic bone is bony prot treatments here underneath my pubic moms. And then I'm going, and here's my belly button, and it's that in between space. And this is where I can approximate touching my pelvic floor through the front and exterior of my body.

This is not actually touching the pelvic floor. To do that, I would have to go internally, which is a fantastic practice. But today we're gonna stick to the external touch.

Okay? Center, your focus on the fingertips here, and I want you to take an inhale. And I want you to imagine, and this is very metaphorical, this part does not necessarily reflect anatomical reality, but that is, okay, let's go to metaphor. I want you to inhale in such a way that you can feel the inhale coming down through the body, organs moving, and you can feel the soft tissue underneath your fingertips pushing into the fingertips.

Okay?

I want you to see how it takes time. It's not like I inhale and go, right, and I'm not manipulating my spine. I'm not manipulating my pelvis. This is internal. So notice, take a look if you can. And notice that it takes a couple of seconds to get to my fingertips here.

One more time. Exhale in any way that feels good.

Notice that I yawned if you yawn. That's normal here. I want you to know that when you start doing this kind of deep. Conscious connected breath, it may trigger a parasympathetic response. I'm not tired. I feel really well rested, but that is how my body starts to indicate, oh, we're safe and we're relaxing.

It's quite delicious actually. Let's start working on incorporating the exhale. So now that I'm inhale that I can push into my fingers, I'm gonna work on making that exhale a little more exaggerated, where from underneath my fingers, a soft tissue recedes back towards the floor and even up towards my spine and head.

But I'm not doing this, okay? It's much more internal. You are gonna hear that my breath changes and I'm going to use a pursed lip position. Sh, like I'm blowing air through a straw. I inhale through my nose.

So now that we've established a pretty good relationship with that inhale, I'm going to incorporate the exhale in a way that's much more exaggerated, and I want you to see that I'm still gonna allow my body to take the time. It needs to feel like it's reaching that full inhale underneath my fingertips.

I don't rush it. I don't wanna rush my body here. I wanna give it permission to lead. That's how you create a sense of safety and relaxation that will translate in a beneficial way for you and other practices. So now the exhale, I'm going to use a purse lip, and I'm going to blow out the exhale through that purse lip as if I'm blowing through a straw.

So I'll start with the inhale first.

And in that exhale, I can feel. The soft tissue, I'm touching, retract. It goes back towards the floor and even feels like something, something is going up towards my spine and head, and that is most likely some pelvic floor and organ feedback known as interception option.

Can you imagine now that you have a ball inside of your pelvis and not just focus on the soft tissue underneath your fingertips, but feel like you're inflating and deflating a ball that presses your sacrum into the floor again, without or vert. Pelvic movement or spinal movement, but internally it's like this and also like this.

It's a ball. It's three dimensional, so it goes up and down, side to side, front back. Try to feel for all of that. Now we'll do two more breaths here.

Tap into the sensation around your sitting bones and notice that they're starting to do movement that I have talked about in other classes. As the ball gets smaller on the exhale, the sitting bones will start to move together slightly.

See how I was using my hands to reflect that movement. You can do the same thing and it's gonna help that brain body connection. It's also for those of you who do energy work practices, be a really good way for you to start, uh, invoking the energy in your hands and incorporating that into your breath practice.

But you know what's also really helpful? A ball, so this is known as a girdie ball, and it's gonna help you to externalize the sensation of the ball inside of yourself to the ball externally in your hands. A girdie ball is meant to be not fully inflated. I wanna be able to sit on it. If you don't have one of these, that's fine.

You can sit on a pillow or a soft blanket. You just want something that has a little give to it. Because as you sit on this, and you can sit on it like this, this is one of my favorite ways. It's very intimate. I'm putting my genitals right on this ball, and genitals means not just vaginal opening, but also somewhat near my anus.

So you might get some feedback there. And if it's uncomfortable, please take breaks. Don't want you doing this in a way that feels invasive. We're extraordinarily uncomfortable, but we are talking about bringing conscious awareness, breath visualization, and touch to a very intimate part of you. So any experiences that you might be holding in this area that are both positive and negative or traumatic or challenging to heal, reconcile, resolve, and process, it's going to come up.

Here. You are in charge. This is your body. You are safe, you take breaks. You stop whenever you have to right now. This is for the purpose of anatomical exploration, but I have to mention that to you because your anatomy houses your experience. Let's honor it by giving you the power to proceed in the way that feels right for you.

Okay? I'm sitting on in the way that I like. Again, you could also use any other object, uh, soft towel, folded up blanket pillow. You could also sit on a chair and do this. I like this position. Some people like cross-legged. This feels really easy for me. I'm going to recall the ball that I was envisioning a moment ago lying down.

And if you need to touch yourself in any way you can. Let's go back to that breath.

Now that I'm sitting up in gravity, it's gonna feel different on the floor. I was able to do much more of that push and then pull and all of that. Hi, little fly. We had a visitor. I am trying to do this without moving. Okay? And I want you to see that my belly is soft. That is important. And that I am imagining that I can really push the breath down.

And I had a friend who was talking to me once about this practice and she said, it's like pushing an elevator to the basement and bringing it back up again. And I loved that. But I also want you to feel what you're sitting on and how the sitting bones and the soft tissue beneath the sitting bones response to this, let's just do that three more times.

I am getting aggressive with that pull, and I can even feel the movement in my vaginal canal pulling up and my anus. These are muscles that also work with the pelvic floor to make this happen. So can you start to exaggerate on your inhale like you're pushing down.

And you might go, well, what if I have to pee or, I don't want anything embarrassing to happen. This is really important. Your external sphincters that are responsible for elimination are at a different tonality than the canals. I'm talking about your vaginal canal, your colon. And the pelvic floor. And this is why it's very important to discuss the anatomy and to have you look up images and be aware of what you're talking about.

Because these are all separate parts that with a lot of practice and control, you learn how to influence in a way that benefits you. So we're gonna do that big push down. One more time. Exhale, big exaggerate pulling up, and then we'll release and relax. One more time. Inhale, push down.

And this is where I can feel the feedback against that ball, the front and back passages pushing into it. And then I,

but I'm not clamping, I'm not tightening here.

Relax, normalize your breath response. It might feel a little difficult after you've made all that contact to go, what's normal breathing again, or, or do I push into the pelvis? You don't have to do any of that. Uhuh, relax your face. Thank your body. Thank you. Thank you, body. Thank you. Pelvis, t pelvic floor, and all these parts of me I'm becoming really familiar with.

I want you to go back, revisit this practice, visit it in other ways. Think about when you're walking around, how does this feel to you? The more you can play with the internal feedback with some external feedback, the more you will illuminate what is often a mysterious and hidden landscape of the body.

But there's no need to live in that mystery. This is you and it's beautiful. So make contact with it often, and you'll be feeling stronger soon. Take care.