



Video Transcript

Postnatal Workout For Strength & Confidence

Hello, Mamas. My name is Rachel, and I am so thrilled to be here with you for us to just take some time to tap in and find that inner strength and that warrior, also known as a goddess, a lioness, a mama bear, whatever you want to kind of title it. Oftentimes, speaking from personal experience a mom. We're just like going, go and going. And all of the things that we do in our day aren't always like reminding us of our superpowers and of our strengths. But what's so wonderful about being a mother is this beautiful paradox. We're feminine, right? We're goddesses, but we're also dynamic and very strong queens. So we're going to start with my favorite muscle group on the planet and go within and find our pelvic floor strength and regain and rebuild that and just tap in oftentimes once we have a baby we just feel disconnected from self so now is your time if you have some blocks to sit on or kneel on feel free to do that otherwise you can just sit cross -legged I want you to take one hand to your heart one to your womb take a deep breath With these next couple breaths, I want you to think of an intention is set for yourself today.

As I ask you to think of yours, I want to share that mine is inner peace and acceptance.

When you found your intention, go ahead and just gently open your eyes.

Okay, so what we're going to do is activate the transverse abdominals as well as the pelvic floor. So when we're pregnant, We expand, right? And the muscles known as our transverse abdominals oftentimes separate to create space for our baby to grow. But postpartum, even if your baby is five or 25 years old, you want to remind those muscles to come back to the midline. So I want you this time to inhale,

expand your belly, and then exhale, not just sucking belly button back to spine, but really thinking about your muscles meeting at the midline, as if I'm pulling the strings of a corset really tight. All right, let's do that again. Deep inhale, exhale, bring everything back together. So continue with that, right? Deep inhale, let everything relax. Exhale, bring things together, but be mindful that you're not tilting your pelvis forward. You want to stay seated right on top of your sit bones. And now we're gonna add the pelvic floor. So you're gonna exhale, engage the pelvic floor as you engage your transverse abdominals. Inhale, relax the pelvic floor and the core. Again, exhale, vaginal muscles engage and lift, transverse abdominals and relax. On this next one, you're gonna hold for 10 seconds. Lift everything, hold everything together at the midline for 10 nine eight seven keep breathing for five hold it a little tighter lift it a little higher and relax two more of those exhale engage and hold lifting the pelvic floor bringing the transverse abdominals together you have five four three two and one inhale Inhale, lift and engage everything as tight as you can, holding 10. Nine, keep reminding those muscles to come to the midline for seven, six, five, four, three, two, and one. So every day, I want you to take a few minutes, right, to exhale, engage, inhale, relax. Do that about five times. Exhale, engage. Hold 10 seconds, okay and just start there before you start your movement and honestly before you even get out of the bed so that you're connecting with the foundation of your strength and with yourself because it's important to just kind of start with your feet on your ground with that foundation of strength so now if you have a yoga block I want you to find it and go ahead and place it in between your thighs okay so we're going to do a cat cow flex your feet exhale around your spine gaze at your belly button pull your pelvic floor muscles in and up as well as your core and then inhale let it all go exhale squeeze the block around the spine pull it all in inhale spread your collar bones spread your sit bones exhale flex your feet round your spine

Fantastic.

Inhale and exhale, find that neutral spine. Hug your abdominals in. Now we're gonna squeeze the block, float the knees on the exhale. Inhale, tap the knees, expand your belly, don't arch your back. Exhale, squeeze the block, hug your abdominals in, float the knees off the floor.

And then inhale, tap the knees, expand the belly, Don't arch your back. Two more times. Exhale, hug everything in and up. Float your knees, and then inhale, tap the knees, expand the belly. The next one, we're going to hold and add a little pulse. So gather your strength, pelvic floor, transverse abdominals, float the knees, little pulses, up for 10, 9, 8, squeeze the block, more, more, more, 7, 6, 5, Four, three,

two, and one. I want you to lift up into a downward facing dog, right?

So you're going to bend your knees, extend your spine and press your chest as far back as you can. And then see if you can straighten your legs. Beautiful.

Inhale, bend your knees.

And exhale, squeeze the block.
 Two more. Inhale, bend the knees.
 And exhale, extend your leg.
 Beautiful. Inhale, bend your knees. Press to a plank position and then exhale, lift into that downward facing dog. Three more. Come into your plate, roll your shoulders back and down. Exhale, lift your hips, up and back.
 Good. Come back to that high plate. Keep hugging your abs in and up. Squeeze your block. And then exhale, lift your hips up. Press your heels down.
 Gaze at your thumbs. Bend your knees. See if we can float to the top of your map. Forward fold. Let's go ahead and take the block out, put it back at the front of your mat. And I just want you to hang your head here for a second. Soften the knees and just sway from side to side for a moment. Good. Now you're going to sweep your arms up. Sit in a chair. Exhale, hands to prayer. Good. Reach your arms out. Just heat up the legs, but keep feeling the core. Engage the whole time. Reach up. Exhale, hands to your heart.
 Inhale, reach up. Beautiful. Come to standing hands at your heart center. Inhale, reach up. Interlace your fingertips. Release your index finger and I want you to exhale, side bend to the right. Deep breath.
 Inhale, come up. Stack the spine. Engage your core and your pelvic floor. Nice neutral pelvis and lengthen up and over to the left side. See if you can squeeze your palms together, squeeze your biceps to your ears, and then inhale, come center, and release your fingertips behind your body. Pull your fists down and just open your chest. We're gonna separate our feet a little bit wider than our hips and bow forward. Bring your fists over your head. Hands come to the earth, inhale, roll it up. Inhale, reach it up. Exhale, hands come behind you. Pull your fists down. Bow forward, fold. Sweep the hands to the earth. Inhale, roll up. One vertebra at a time. We have two more. Interlace your fingertips behind your back. Gaze up. Try to keep your palms touching as you dive forward. Hands to the earth. Pull your abs in. Roll up. One more. inhale exhale pull your fist down forward fold hands come to the earth then you're gonna walk back into a high plank drop your knees to the earth extend left leg and right arm internally rotate your thigh and your hip for weather vane inhale open exhale close we have four more Keep hugging your abs in.
 Good, three,
 and close,
 two,
 and close, beautiful. One more, awesome, both hands come to the ground, bend your knee, you're going to tap, lift, down, up, three, four, press, five, six, don't arch your back, tuck your tailbone, square your hips. Beautiful, next breath, lift it up for 10, 9, 8, 7, 6, 5,
 3, 2, flex your foot, 10 more. 3, 4, 6,
 7, 8, 9, 10, and go ahead and take a little child's pose. Set your hips back, reach through your fingertips. I want you to think about your tailbone reaching down

to your toes and just giving your toes a tickle. Elongate your spine, release any tension in your low back. And think about your back expanding north-south, as well as east and west, okay? Two more breaths here, soften your shoulders, soften your forehead, your jaw, your tongue, even give your toes a minute to relax.

Beautiful. And then we're going to come back to Weather Vane on the other side, right leg, long, left arm, long. Inhale, open. Exhale, close. Four more. Inhale, hug your abs in. Exhale, close. Inhale, open, feel the outside of the glute. Exhale, fill the inner thigh and close. two more. Inhale.

Last one. Inhale open and exhale close. Come into a high plank position. Curl your toes under hold here. Two breaths. Slide your shoulder blades a little bit closer together. Lift your bottom two ribs up. Exhale, downward facing dog.

Let's go ahead and float the right knee up and into our chest. Five pulses. Five And four, hug your abs in. Three, two, and then step forward.

Drop your back heel. Open up. Warrior two. Now, while you're here, I want you to feel like you're pulling your heels toward one another, lifting, right, your pelvic floor up. Making sure the pelvis isn't tilting, right? So we neutralize the pelvis, find those transverse abdominals and then really feel some heat in those legs. Reverse your wire hold here one deep inhale and exhale come into a modified side angle reach up feel length on the left and right side of the body beautiful let's do that again reverse your way or reach right back down the leg and come into your modified side angle

full two more reverse and modified side angle just feel the chest expanding spread your collar bones and one last time reverse your warrior and cartwheel the hands down to the mat step back drop your knees for Chaturongus you're gonna tuck your tailbone inhale down exhale press up make sure that the back doesn't arch only go as low as you feel comfortable okay so you want to maintain that strong core even if it's just a baby microbin in the elbows yes one more let's see how low we can go exhale push up extend the legs lift the hips and then you're going to take your left knee into your chest hug your absin pulse five four three two one step forward drop your heel open up warrior two neutral pelvis hug the absin lift the pelvic floor reach extend energy through all 10 fingertips reverse your warrior and come into a modified side angle

and reverse

modified side angle

reversed and

modified side angle reversed and modified side angle good one more time reverse and side angle and side angle

Good. Bend your knees, forward fold. Hands to the top of your mat.

Inhale to flat back. Exhale, fold. Step back. Find that high plank.

Hold there. Two breaths.

Drop your knees. Sit back. Find your child's pose. Reach through your fingertips.

When you're ready, thread your right arm under your left arm thread the needle as they say and then I want you to take your left arm and wrap it behind you and just try to like gaze up so you find that rotation through your spine motherhead makes the chest the neck and the shoulders really tight and then let's do the other side last arm breeds under the right set the hips back to the heels And then when you're ready, reach your right arm up and around. Keep lengthening through your spine, trying to lift the right shoulder.

Awesome. And then let's go ahead and flip one over to our backs. We're going to find a bridge. So I want you to take one block and we're going to do a supported bridge for a few breaths before we do a little bit more. So you're going to take the block and place it right under your body just perfectly so like the glutes just drape over the edge. And then I want you to separate your feet mat with and see if you can knock your knees together. So we want the knees to kiss, right?

The inner thighs. And we just want to give our low back, our hips, a chance to relax and reset. So life, fitness, pregnancy,

we are often really focused on external rotation in our hips, but after birth especially, we want to make sure that we're realigning our entire body and often we forget about the pelvis and the hips. So the best position for our pelvis is when our feet are parallel, our knees are slightly soft. So this is a deep internal rotation. And if you have a lot of low back tightness, it might feel a little off or weird. And it just means that those muscles in the low back and the hips are being stretched, right? Because when you externally rotate, those muscles are shortened. So we always want to think about balance, opposition, union.

I'm afraid of using the word balance with moms because it is a very hard thing to achieve. But think about it as terms of like two days or a week, right?

Somewhere in there you had some balance. Maybe one day was more work. Maybe one day was more kids. And somewhere in there, it all works out. But we have to make time for ourselves. So you're going to take that block and put it between your thighs, squeeze the block, lower your hips. I want you to tuck your tailbone, press your low back into the ground, and then float your hips, pulse straight up. So as you're pulsing, I want you to feel the activation of your glutes, as well, your inner thighs, pelvic floor, and core. So it's one of those exercises that looks fairly easy, and you're not usually thinking about your abs, but I absolutely want you to use them. Beautiful. On that next breath, press up and just squeeze the block for 10, 9, 8, 7, 6, 5,

4, 3, 2, and 1. Beautiful. Let's go ahead and take the block in between our ankles. So you're going to squeeze the block between your ankles and don't worry about lowering your legs all the way point your toes hug your abs in make sure that the abs stay locked and inhale lower pause squeeze exhale lift right back up so you see how my block's like who it wants to move try to see if you can keep it steady and the second you squeeze it like you're going to start to feel the legs activate it's I don't know if it's the most fun thing, but it's exciting because you know the body's working. Inhale, down. I can hear my friend's voice

going, only you as a trainer would be excited about those things, Rachel. I was like, maybe. All right, inhale. Press the low back into the earth. Lengthen the legs. Pause.

Exhale. Let's do five more. Inhale.

Don't let the ribs play. exhale lift keep sending the abs to the midline of the body inhale squeeze the block exhale lift inhale and exhale lift beautiful two more inhale and inhale Lift.

One more time. Inhale.

Lower. Good. Exhale. Lift right back up. You're going to take the block, right? Put it in between your thighs. We're going to do toe tap. So tuck your tailbone. Inhale, lower your legs as low as you can, feeling control. And then exhale, lift. So I even like to have my fingertips on my core Because what you don't want, right, is this complete arching of the back spling of the ribs. So you want to keep that activation. Squeezing the block helps us awaken and activate the inner thighs as well as the pelvic floor. So it's a fun trick. Once we use the inner thighs, usually the pelvic floor like, all right, I'll help you out. Let's do four more. Inhale lower. Pause. Exhale, regroup. as you left.

you lift in lower.

God, give me five more. Can you lift a little higher without arching your back? Three, two, now hold up there. Squeeze the block, pulse up for 10. Nine, eight, seven, six, five, four, three, two, one. Beautiful.

You're going to take the block next to you. Hug one knee into your chest. and then go ahead and place your right hand to your right hip and open the left leg out to the side of your body. I want you to feel like the steering wheel is right at like 10 and 2. Don't start to turn left. Okay. So keep the pelvis still as you allow that left hip to open, flex your bottom foot, flex your top foot. And if it's available to you, extend your left leg, but still make sure that the pelvis is rooted into your mat. Awesome. And then we're going to take that leg across the body. Oh, one of those ones you're like, I don't want to, but it feels so good. Twist.

and then come back center let's do the other side extend the left leg hug the right knee into your chest see you can flex both feet left hand to your hip or pelvis and open the right leg out to the side

And then let's do a full straddle. So start with a happy baby first. Open your hips. Make sure that the pelvis stays rooted in the earth.

Breathe.

Two more.

And when you're ready, extend the leg, circle the ankles, round and row.

And then reverse.

And then I want you to bring your knees into your chest, wrap your arms around yourself, and just give yourself the biggest hug. keep the pelvis grounded, allow your eyes to close, and I just want you to check in with yourself. When you

hear the word warrior, when you hear inner strength,
what comes up for you? Do you identify with those pieces of you that are strong,
that are warrior-like, Or do you feel disconnected from those pieces?
It's important that we make time to just listen to ourselves.
Receive what the body, the mind, the heart are telling us.
And then make a plan to take action,
to heal, to grow,
to achieve. When
you're ready, take a twist, drop your knees to the right,
look left and
switch, other side, twist, gaze in the opposite direction.
Amazing. When you're ready, let's find a shavasana. So you're going to extend your
legs. And I want us to take a few minutes here. Right. Place your hands on your
womb.
Thank your beautiful body for creating life
feel an exchange of energy from your hands to your womb from your womb to your
hands
knowing that we have the power to heal from in and
the best place to start healing to start loving and to start building strength is
with ourselves as moms most of our day is spent caring for others but it's
imperative that we care for ourselves first so that we have something to pour into
others. When you're ready, just flip your palms up, come into a traditional shavasna,
and just think about lying on warm sand. And the sand just absorbing the weight of
your body,
absorbing any tense muscles, any aches, any pains,
any stress or anxiety,
any hurt.
And once all of the things that no longer serve, you drain out of your body,
imagine all of the delightful things that you would like to come and take its
place.
Bring one hand to your heart, other hand to your heart. Remind yourself of your
intention. Thank yourself for creating space in time for yourself today.
Good job, Mom.
And then keeping the eyes closed, give yourself a hug, roll to your side in a
fetal position. Just take a breath or two here.
And when you're ready, keeping the eyes closed, find a comfortable seat, cross your
legs. Inhale, reach the arms up overhead exhale seal your practice with prayer at
your heart and when you're ready gently allow the eyes to open bit by bit
i just want to remind you how strong you are how beautiful you are even if you're
exhausted with a lot of crusty pants from your toddler. You are a queen,
you are a goddess, and try to stay seated on top of that power as you move
through your day, even if it includes changing lots of spit-up and dirty diapers.
Have a beautiful and blessed day. I can have Rachel, and I hope to move with you

and connect with you soon. See you later.