



Video Transcript

Empower Your Core: Postnatal Pelvic Floor Workout

Hello, goddesses. I am Rachel, and today I've put together a pelvic floor class to just chat about motherhood in the pelvic floor. Definitely one of my favorite things to talk about. So, fun fact.

True or false, you need to do your Kegels if you had a C-section?

I don't know what said false. So when you're pregnant, there's a whole bowling ball that hangs out

on your pelvic floor for about a year. And whether that baby comes out... Through your tummy or

through your vagina, your pelvic floor endures stress, right? So if you think about a hammock, as soon as you take it out of the package, it's very taut, sits up nice and high. And over time with gravity and weathering, right? Same thing with your pelvic floor.

So we have to teach it to come back together and lift right back up again. Why? Because we want to

keep our organs inside of our body because we want to laugh, skip, pop, and jump without peeing on

ourselves. Basic things. We also want to enjoy pleasure. Another fun fact. Your pelvic floor muscles enable you to enjoy pleasure and have an orgasm. We want that.

We also want to be able to relax those muscles to go to the bathroom and to enjoy pleasure as well.

So the strength and the flexibility of the pelvic floor is equally as important.

So today, if you have a mat, fantastic. Find it. Yoga blocks really, really helpful to help us find

and activate the pelvic floor muscles. I feel like the inner thighs are kind of that gateway muscle to kind of wake the pelvic floor up. So we're going to start here in a kneeling position.

The other reason I like the blocks underneath us is because it provides feedback, right?

You can literally feel the vulva kind of lift up and away from the block while we're doing our

Kegels. So we're going to start grounding and then we'll finish with some standing exercises just so you can kind of see how to incorporate your pelvic floor throughout your moving daily life. So for now, go ahead and find that seated position, right? You should feel your sit bones underneath

you and I just want you to relax, let everything go. And then as you exhale, you're going to lift your pelvic floor up and away from the block like a jellyfish shooting up to the top of the ocean. And then you inhale, relax. So you have a front and a back Kegel, vaginal muscles, anal muscles. They exhale and engage like you're stopping the flowing urine or holding some gas.

And then you get to the toilet and let everything go. The most important thing I can teach you that

you must remember is exhale up, inhale down. Yes,

that's what I said. I didn't make a mistake. Exhale, engage. Some of you are going.

You're like, how did she know I was making that face? And inhale, come down. Many of us are doing a

reverse Kegel. Why we don't want to do that is because if we say cough and don't close the bottom,

then we're pushing everything down and out. We don't want things to go down and out, okay?

We want things to go in and up, all right? The other thing I want you to start to think about are your transverse abdominals. After a baby, we've been stretched out. So where the muscles come

together at the front of midline of our body, they can also separate. So I want you to get in there and as you exhale, encourage those muscles to come back to the midline of your body. You might have

a lot of mushy fat cells there right now. If you are breastfeeding, they are necessary to help you create that liquid gold. The three places that you hold breast milk storage fat.

are right around your belly button, behind your arm, and at the broad line. Nobody's favorite place

to have extra fat, but it is what it is. And that fat will stay around up to six months after the cessation of breastfeeding. So it's important to know because I feel like women are like, I'm feeling like things are coming back together. I just have these couple spots that are hard to get back to where I want them to be. I also want to correct that language back, right? You're not getting back anywhere, right? Think about how the iPhone always has an upgrade.

You're the upgrade, right? I think we're on 12 or 13 Pro or something. That's where you are.

You're not ever trying to be the iPhone 5, right? So always think,

oh, I'm upgrading. I'm not running back to a previous self because guess what? That self wasn't a

mother. That self didn't have this beautiful baby. So your body created this magical human.

And so you're just going to continue to grow forward and up. All right. So exhale,

engage, lift and hold 10 seconds. Nine, eight, seven, six,

five, four, three, two, one. Inhale, relax.

Good. Exhale again. Lift and hold 10, nine, eight, seven.

Relax your shoulders, your jaw. Good. Four, three. Two, inhale, let it go. Again, abs engaged, pelvic floor engaged, holding. Eight, seven, six, five, four, three, two, and one. Inhale, let it go. Now we're going to do blink. So you exhale, engage. Inhale, relax. Full engagement, full relaxation. So you can do about 20 to 40 of these. But only go as quickly as you can fully engage and fully relax. Both are equally as important. Let's do 20. Up, down, 2, and 3, 4, 5, good, 6, exhale 7, 8, 9, and 10 more. 9, 8. Exhale, seven, six, and five. Up, four, higher, three, higher, two, one. Last exercise, elevators. So imagine elevators on their face. Exhale, close and lift layer one, layer two, layer three to the top. And then inhale, layer three, layer two to the ground floor. Exhale, up, two, three. And three, two, one. Again, exhale up. Two, three. Inhale, down. Two, three. Two more. Exhale up. Two, three to the top. Three, two, one. One more for good measure. Up, up, up. Hold and release, release, release. So this is your homework to do at least five minutes every day, okay? just to get back in touch with your pelvic floor. And if you're immediate postpartum, you can do pelvic floor exercises. And I suggest that you do because you want to be able to hold your urine, right? Basics. You want to feel supported as you stand up out of a chair or get up out of bed. But give yourself grace. It's going to take time. And so what I want you to realize too is please, if you're not able to, hold the, you know, control your urine, you're absolutely not ready for a run. Okay. So think about what are the things that I'm going to engage in postpartum and where am I? in my healing journey? Six weeks means nothing other than like a sex clearance or your uterus is probably almost done shrinking and you're done bleeding, right? It does not mean you are healed and ready to like go back to a marathon. It absolutely does not mean that. And also know that all of us are going to heal at a different rate due to the unique circumstances of our life, our birth. and our body. Okay. So again, give yourself grace, give yourself time. Don't rush it. You can also cause yourself more harm than good to push yourself past where you are in your healing journey. All right. And I want to give you this after my second child, I felt stronger than ever in my life. So it is not to say you, you won't ever feel strong or ever feel actually stronger than you did in your life. All right. So that should hopefully provide you a little bit of solace. So we're going to come into a tabletop position using a block. So put your block in between your

thighs for me. Flex your feet. I want you to squeeze that block.
 Exhale. Hug your abs in towards the midline of your body. Float your knees off the floor.
 Squeeze the block five. Squeeze four. Exhale three. Two. Hold there.
 Lift five. Four. Three. two, and one.
 Tap your knees. Don't arch your back, but you can expand the belly on the inhale, okay?
 Exhale, abs meet at the midline. Squeeze the block. Float the knees. Squeeze the block for five,
 four, three, two. Hug the abs in. Float for five, four,
 three, two. Take a little breather. Good. How are you feeling? So notice if you feel like your
 belly is like kind of hanging and coning, that is probably a telltale that you have diastasis
 recti. So where we come apart, we come together. So as we're doing this, right,
 as we're lifting up, feel the pelvic floor engage, feel the abs like fighting to come together and
 lift up. So it's in and up. Pelvic floor, same thing, in and up. Let's try two more.
 Exhale, squeeze the block. hug the abs and float your knees squeeze five four three two now
 hold
 that squeeze five four three two and one one more here we go squeeze the block if it's hard that
 means your abs are working your pelvic floor is working effort is e for effort we like it squeeze
 five four three two lift five Four,
 three, two, one. Nice job, mama. Take the block out. Let's do some cat cows.
 Exhale, round your spine. Hug your abs in towards the midline of your body.
 Inhale, spread your collarbone. Exhale, press through the palms. Press through the toes. Lift the
 pelvic floor. Slide the abs in towards the midline. And inhale,
 gaze up. Exhale.
 Good. Now, find that neutral spine, okay? And you're going to extend your left leg,
 right arm, square your hips, weather vane. Inhale, open. Don't move your pelvis. Exhale,
 close inner thigh abs. Four more. Inhale, open. And exhale,
 close. Inhale, open.
 Exhale, close. Good. Inhale, open.
 Exhale, close. Amazing. Four. You're going to round your spine. Pull everything in towards the
 midline. Inhale, lengthen. Pelvic floor must engage. Pull your abs in for two.
 Inhale, lengthen. You got this, Momo. Two more. Exhale, round your spine.
 Engage. Inhale. Last one.
 Exhale. Inhale. And release. Good.
 Take a little child's pose. Breathe.
 Fantastic. One more breath.
 Let's pop back into that tabletop position. Extend the right leg. Wear the hips.
 Talk the tailbone. You're going to find your weather vane. Slide arm and leg to the outside of the
 body. Exhale. Slide to midline. Inhale. Do not arch your back. Open.
 Exhale. Close. Inhale. Open.
 Exhale. Close. Beautiful. One more. Inhale. Open. Exhale.
 Hug your abs into the midline. Round your spine. Pull it all together. Inhale. Lengthen.
 Do not arch your back. Exhale. Hug abs in. Feel the effort come from your breath and your core.
 Inhale. Two more. Exhale.
 Inhale. Last one. Exhale.

Inhale. Beautiful. Nice work. Find the block again in between your thighs.

Yes? You're going to curl your toes under. Find a high plank position. Hold. Squeeze that block with all your might. Slide your shoulder blades together. Hold. Three breaths. Every time you exhale, squeeze the block. Hug your abs into the midline. Two more. Inhale. Exhale.

Hug, hug, hug. One more time. Inhale. Exhale. Hug, hug, hug. Drop your knees.

Drop to your forearm. Yes? So abs meeting at midline. Now we're going to move to the obliques, but you're still zipping the pelvic floor up, wrapping the transverse abdominals together, right? Like a ribbon on a present. You're the prize. Exhale, lift up.

Squeeze the block. It really helps wake up your pelvic floor, okay? Up and down.

Now, don't you move your body until you exhale, activate your muscles. So the movement comes,

right, from activation of muscles. You have to have intention behind every breath, behind every movement. We do not want to mindlessly move, especially when our bodies are in a

vulnerable place. Yes? Go ahead. Pause. We're going to roll onto your back,

right? But we're going to do that in a super safe way to protect our core. So you lie down.

you roll to your back right squeeze that block i want you to flex your feet press your palms down and tuck your tailbone so there should be no space under your back okay and then roll up

squeeze

the block for five four three two one now pulse up imagine you're like a labradoodle in trouble right and your tail is pointing straight up to the ceiling five four three Two.

Now we're going to go full range. Tap, squeeze, and lift. Tap, squeeze, and lift.

Tap, squeeze, and lift. Good. I want you to feel the tuck, the squeeze,

and the lift. Beautiful. We go up again. Squeeze the block for 10. Tuck your tailbone.

Stretch your low back. Seven. Six. Breathe, mama. Breathe. For four. Three.

Keep feeling the abs coming in at the midline. Hold that block with all your might. Press it.

Two. Three. Four, squeeze the tush. Six, seven,

eight, nine, full range. Tap, tuck, and squeeze. Tap,

tuck, and squeeze. Tap, tuck, and squeeze. Good. Seven. Big push. I don't care how high you go.

I care that you feel activation in your glutes, inner thighs, pelvic floor, and core.

Beautiful. Give me five. Exhale. And four. Every time you exert effort or defy gravity, you exhale. Blow the air out of your body. Three. Big push. Two. Big push.

one just hold there squeeze the block ground your feet squeeze tuck press squeeze tuck press

give

me five four three two and one amazing you're gonna go ahead and roll to your side sit up we're

just gonna swing our legs to the other side for a side plank on the other side how are you doing

it's one of those things where you're like that looked really easy but it's hard i'm like i know

All right, here we go. Shoulders stacked, pelvis stacked. Tap your tailbone. Exhale,

lift. So you want to feel your obliques moving your body.

Three, four,

five,

six, and seven,
 eight, nine. Lift it up. Hold it up. Breathe,
 breathe, breathe. Give me two more deep breaths. Spread your collarbones and release.
 Fantastic. Let's go ahead and flip over. Place the block right back in between your thighs.
 Curl the toes under. Find your high plank. Lift to your downward facing dog. You're going to give
 me four more of those. So you pop into a plank. Squeeze the block. Activate pelvic floor glutes
 core. Then exhale. Lift your hips. Press your heels down. If you can't keep your back straight,
 bend your knees and then pop into your plank, okay? Feel the activation.
 Lift the hips. Press the heels down. Let's do one more. High plank. Beautiful.
 Squeeze. Press up. Bend your knees. Walk your hands back to your feet and roll it up.
 All right? So you have this block between your legs. I'm going to turn like three quarters.
 Immediately before you do anything, soften your knees slightly. Neutralize your pelvis.
 Right? Literally take one hand to the front, one to the back. I want you to feel like you're
 pulling your tail down, plugging it in, and you see what happens, right? Ooh,
 everything comes together. Neutral pelvis is imperative for full activation of the pelvic floor.
 Pregnancy brings us here. I argue high school brought you there, right?
 So soft knees. Think about a toddler or a monkey. They always kind of have a little bounce to
 the
 knees, the head over shoulders, shoulders over hips, hips over knees, knees over ankles.
 That's
 what you want to think about, right? Then the activation of pelvic floor, transverse abdominals,
 huzzah, you're a supported being, okay? Now add some pressure of the inner thighs onto the
 block.
 You're going to feel a radiation and activation, pelvic floor through the crown, yes?
 Now we're going to go into a squat, yes? We're going to inhale down, squeeze the block,
 push up, not out, right? Neutral pelvis. Inhale. Reach your hips back.
 Exhale. Come up. Inhale. Down. Squeeze the block. Pull your abs in.
 So who knew that abs could help in a squat? Yikes. Yes. That's what we want.
 Inhale. Down. Squeeze the block. Pull up. Feel the glutes. You feel the abs. You feel the butt.
 Feel the butt. Usually you can feel some abs. Yeah. They're connected. Down. Squeeze up.
 Now you're going to go down. Say a little prayer. Squeeze the block. Ten. Nine. Abs, abs, abs.
 Pelvic floor, floor, floor. Give me five, four, three, two.
 Hold that. Ten. Squeeze the block. Pull your abs in and around. Pelvic floor up for five,
 four, three, two, and one. So what I want you to do as you move through your life to pick up your
 baby, yes? Your baby's on the floor. You squat. You pick up baby. You hold baby.
 Not like this. OK, that is not a neutral pelvis. You cannot rehabilitate your core and your pelvic
 floor if you never give it a chance to engage. You hold your baby. Yes.
 Soft knees supported pelvic floor and core. Play, play, play down and up.
 Right. Even when you pick up the toys, we're not like dropping it like it's hot, like a stripper
 and coming up. All that pain is in the back. So please, whatever you do, walk around life
 thinking.
 Bend my knees, activate my pelvic floor, core, glutes, exhale, come up.
 I actually have students that send me messages and they're like, I just walk around cleaning up

thinking about that thing. But it all makes sense to me. Growing up, my mom had me vaginally and then she unfortunately had to have my brother buy a C-section after 37

hours. And she always threw out her back.

I now know it's because no one taught her how to rehabilitate her pelvic floor or her core.

So what I do not want you to do is move through your life in pain, feeling unsupported, feeling weak, right? Not liking that you were unable to build the strength, both real strength and aesthetic beauty of your core, right? That's not happening because those muscles have never had the opportunity to actually come back together and activate again. And truly

just basic aesthetics at an end is if your back is arched, your belly sticks out. If your pelvis is neutral, your belly does not stick out, right? So that alone can change your day. Just being mindful of how you sit, how you stand and move through life.

It also is just better for you to have a neutral pelvis with parallel feet. So be mindful of how you sleep, how you walk, how you sit, because it does affect you in the long run and absolutely affects your pelvic floor. I could sit here and talk about the pelvic floor or stand here and talk about the pelvic floor forever. But I hope these little nuggets really, truly help you utilize that yoga block. I promise you it helps so much to wake up the inner thighs and the pelvic floor.

And I'm here always a DM away and email away. Again, I'm Rachel and congratulations, mama. So proud of you. You are magic. Never forget that. Always feel and see your crown as you move

through this beautiful thing we call life. See you soon. Bye