

Prepare, Recover, Restore

Gentle Core & Pelvic Floor Wellness · Barrington Public Library

Session 1 · Mapping Your Pelvic Floor · March 26, 2026

What Is the Pelvic Floor?

- A group of muscles forming a hammock at the base of your pelvis
- Supports your bladder, bowel, and uterus
- Involved in breathing, posture, core stability, and pleasure
- Responds to stress, emotion, trauma, and safety — just like every other muscle
- Can be too tight, too lax, or uncoordinated — and most of us have never learned to tell the difference

The Breath Connection

Your pelvic floor and diaphragm move together with every breath.

- Inhale: belly expands, pelvic floor softens and descends
- Exhale: belly falls, pelvic floor gently lifts

Practice this anytime — no equipment needed.

This Week — Just Notice

No homework. No exercises. Just curiosity.

- When do you hold your breath?
- When do you feel tension in your pelvis or belly?
- What happens in your body when you feel stressed, anxious, or unsafe?
- Can you take three slow breaths and notice your pelvic floor soften?

Upcoming Sessions

- Session 2 · Thursday April 9 · Your Pelvic Floor & Your Nervous System
- Session 3 · Friday April 24 · Tight vs. Weak — Understanding Your Patterns
- Session 4 · Thursday May 14 · Breath, Pressure & Whole-Body Connection

Session resources & practice videos: namastebirth.com/pelvic-wellness

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