

# Pelvic Floor Wellness — Movement Sequence

Barrington Public Library Series · Lorie Michaels, BirthPro & Namasté Birth

#	Movement	Notes & Cues	Props
<b>RIGHT SIDE</b>			
1	Soft Hamstring Stretch — yoga strap	Open (external rotation), then gentle cross with sacrum glued to floor	Yoga strap
2	Figure 4 with Swish	Ankle over knee, swish hips gently side to side	
3	Supported Butterfly	Core does not bulge. Use blocks or blankets under knees if needed	Yoga strap
4	Puppy Posture	Hips over knees, chest melting toward floor, arms extended	
5	Off the Rails	Hands and knees — look back at foot. Option: extend leg and peek at foot	
6	Kneeling Lunge on Blocks — full range extension	Right knee down. Use blocks under hands for support. Full hip flexor extension	2 blocks or chair
7	Standing Split — hands on chair	Roll back and forth through feet. Find length in back leg	Chair
8	Standing Wide Leg Fold — hands on chair off-sides	Bend one knee to get a nice side stretch. Hold and breathe	Chair
9	Peaceful Warrior → Extended Side Angle	Flow between shapes with breath. Ground through feet, open through chest	Chair optional for balance
10	Return to Tabletop & Puppy	Brief reset before switching sides	
<b>LEFT SIDE — Repeat 1–9</b>			
1–9	Repeat sequence on left side	All cues apply. Take your time with any movement that felt tight on the right	Same as above
<b>CLOSING</b>			
11	Blanket Curls	Supported forward fold or supine curl. Let the body settle. Rest here for several breaths	Blanket

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