

Getting to Know Your Pelvic Floor

Prepare, Recover, Restore · Session 1 · March 26, 2026 · Barrington Public Library

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WHAT IS THE PELVIC FLOOR?

A group of muscles forming a hammock at the base of your pelvis — supporting your bladder, bowel, and uterus, and involved in breathing, posture, core stability, and pleasure. It responds to stress, emotion, trauma, and safety just like every other muscle. It can be too tight, too lax, or uncoordinated — and most of us have never been taught to tell the difference.

TODAY'S INTENTION — We are not fixing anything. We are drawing a map, getting curious about what's here. That's it.

THE BREATH CONNECTION

Inhale	Belly expands · Pelvic floor softens and descends
Exhale	Belly falls · Pelvic floor gently lifts · Candles breath: slow exhale, engagement rises from below the belly button upward

WHAT WE DID TODAY

Candles Breathing

- 1 *Seated or lying down. Slow exhale imagining 80 birthday candles — engagement starts below the belly button and travels up. Inhale naturally.*

Ball Sit Assessment

- 2 *Seated on an underinflated ball, perineum centered, pelvis untucked. Notice sensation — pain, tension, softening. Add candles breath and feel the pelvic floor respond.*

Kegel Awareness

- 3 *Lying down, knees bent. Three rounds of awareness: What tightens? Where does the elevator start and end? What does the clock tell you?*

Side Lunge + Pelvic Tilt Back

- 4 *Standing, one leg wide. Shift weight into the lunge, then tilt pelvis back gently. Feel the lengthening along the inner thigh and pelvic floor.*

Side Lie with Internal Rotation

- 5 *On your side, top knee dropped forward toward the floor. Breathe into the hip and let the tissues soften. No forcing.*

Tennis Ball Glute Release

- 6 *Seated or against a wall, tennis ball into one glute. Slow steady pressure + candles breath. Creating the environment for release — not rolling it out.*

Reassess on the Ball

- 7 *Return to ball sit. Same questions — what do you notice now? Let your body tell you what shifted.*

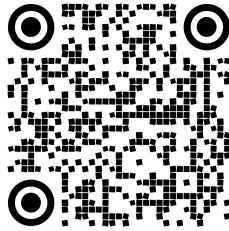
THIS WEEK — JUST NOTICE

- 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 or unsafe?
- Can you take three slow candles breaths and notice your pelvic floor soften?

No homework. No exercises. Just curiosity.

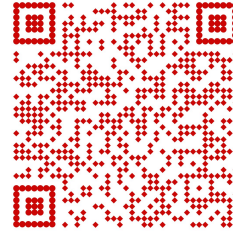
UPCOMING SESSIONS

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



Watch: Getting to Know Your Pelvic Floor

Session 1 practice video



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