

The Breathing & Pelvic Health Healing Connection

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Expand Back Ribs



Expand Side Ribs



Find Your Floor

Breathing should feel effortless and expansive. This simple routine will help to open the torso in all directions on an inhale (like a balloon), and to soothe the nervous system with a soft exhale.

Why is Better Breathing so important? It has a direct connection to your pelvic floor health through intra abdominal pressure (a fancy way of referring to pressure in the belly region influenced by the breathing diaphragm and core muscle stability). Your breathing patterns can increase or decrease the direct pressure downward on your pelvic floor, and may cause problems like leaking urine or intensely tight muscles.

Start and end with your regular breathing pattern. Assess the quality of movement and ease before and after the exercises. Ask yourself, where do I feel expansion, are the inhales and exhales even, what's the pace of breath, and are there areas not moving at all. Speak kindly to yourself without judgement, and simply be curious about what you discover.

Try these exercises in various planes (back, belly, side). Use your hands, wall, strap, or other prop to press lightly into individual areas. As you inhale expand towards the prop, as if the air were pushing outward from within to press back. If you find it difficult to move or connect to a particular part of your ribs or lungs then spend a few more moments and breaths working on expanding that area.

You can layer in pelvic floor awareness simply by sitting directly on an object of preferred stiffness, wedge between your thighs. Do you sense any movement in your pelvic floor, or a pattern connected to your breath? Try activating surface level muscles by squeezing as if holding urine or stool. Don't forget to relax it all afterward, with a few rounds of regular breathing and softening your floor.

Enjoy exploring your own body, and know that the work you do to better your breathing and connect to your pelvic floor will serve you for a lifetime.

Healing is possible, with commitment and time. Pelvic floor issues are common, you are not alone, and I can help. **Schedule a private consultation: hello@valarie-anderson.com**

What is a private session like? First we talk about your daily life and healing goals. Then about your issue and symptoms, and any medical advice or diagnosis. We will build a movement and mindset program around returning you back to living your fullest life. My scope of practice is:

| **Physical & Mental Relaxation Techniques** | **Breath Work** | **Movement & Strength Training** |