

CORE BREATH

CORE BREATH:

Inhale → relax PF (pelvic floor)

Exhale → GENTLY engage PF (pick up blueberry/walking into cold water)

This can be completed:

- In a seated position **In a neutral, tall posture!**
- On your back w/ knees bent w/ a neutral pelvis
- Side lying w/ knees bent for a neutral pelvis (on both sides)

IMPRINTING:

Inhale (relax PF), engage and exhale to lower back of rib cage to the floor – hold for 3 seconds and repeat 10x

HEEL SLIDES:

Inhale (relax PF), engage, imprint and exhale to slide heel away from body (without touching the floor) and return back. *Re-set breath and repeat 10x/sd