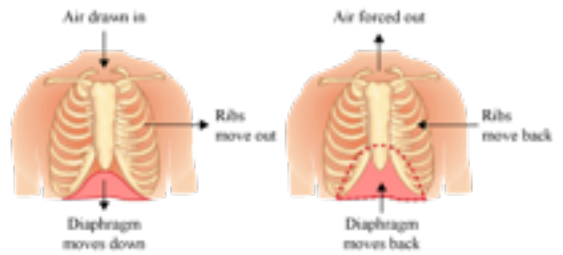


# POSITIVELY + you

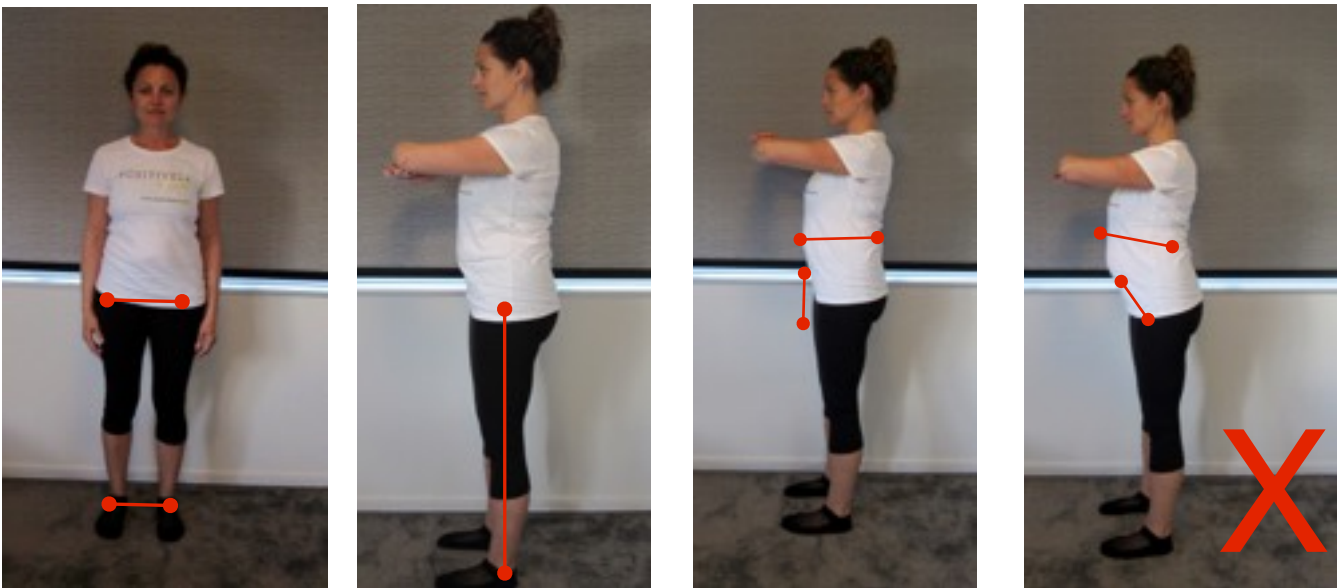
## 1. Breathing

- take some time to focus on your breath.
- breathe into your belly and feel your belly rise as you inhale
- try and make your inhalation 3-dimensional by letting your ribs extend out to the sides and back as well.



## 2. Posture / Neutral spine

- stand with your feet hip width apart
- toes straight ahead
- back your hips up so as you feel more weight on your heels
- ensure that your ribs are tucked down
- keep your chest open



## 3. Pelvic Floor

- your pelvic floor works in conjunction with your diaphragm and abdominals.

x3 different ways to work your pelvic floor at the moment:

- practice lifting and holding your pelvic floor up while doing x2 breaths
- practice some quick lifts and releases of your pelvic floor
- practice keeping your pelvic floor relaxed while you breath in and lifting it during a breath out.

