

YOUR PELVIC FLOOR & CORE GUIDE



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ABOUT US



Ashlei Skibin

Myah Skibin

I graduated with Honors from NAIT'S Personal Training Diploma Program in 2017. Since then I have pursued several additional certificates in Pelvic Floor Health & Rehab, Pre & Post Natal, Corrective Exercise, Pain Free Performance & Trauma Informed Training. My passion is connecting with women of all walks of life and guiding them toward strength, vitality & transformation- not just in their bodies, but their lives.

My goal is to make resources & education accessible while redefining what fitness looks and feels like to my clients.

No judgment. No Shame. No Bullshit.

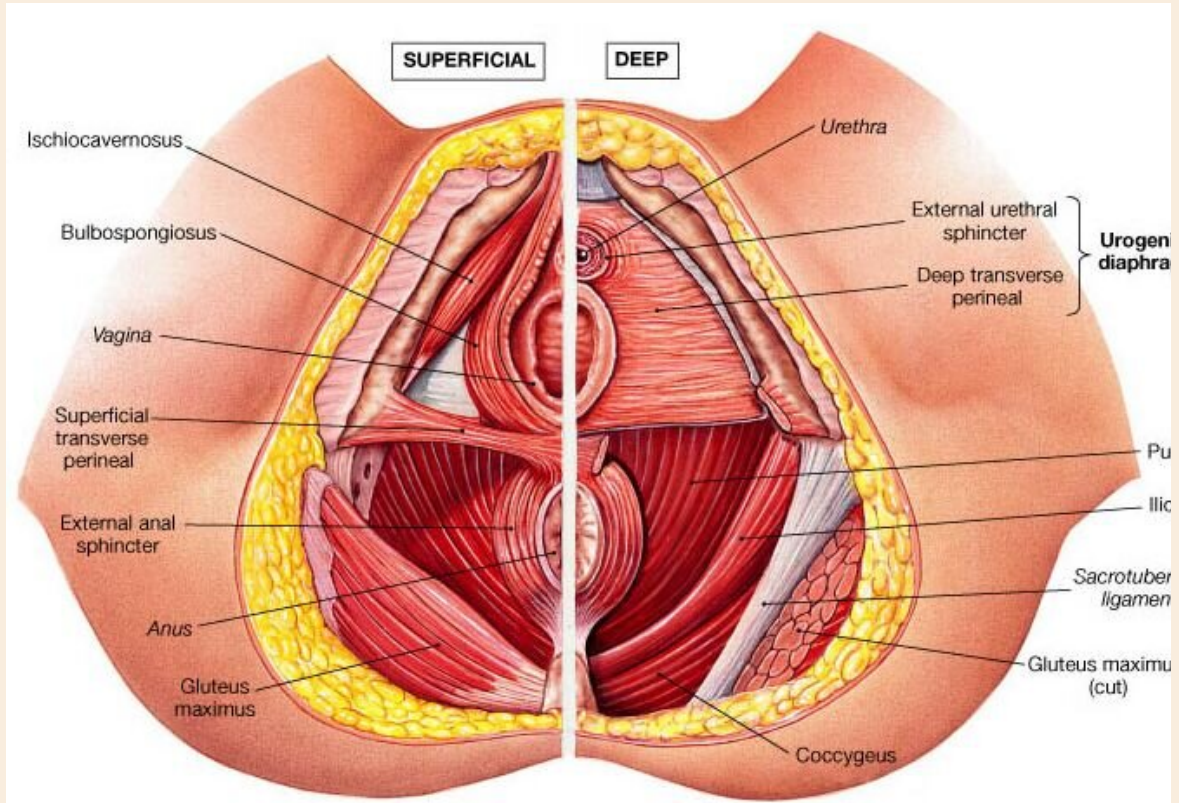
I have been teaching yoga for almost 8 years now. I fell in love with this practice when I was in high-school. I was eager to dive deeper into the teachings so that I would have the opportunity to share this gift with others.

I have always had a passion for movement & building community. I take great pride in creating safe, inclusive places for people to love & explore their bodies while building supportive relationships within community. I hope my teaching will empower people to feel safe, comfortable & at home in their body, mind & spirit.

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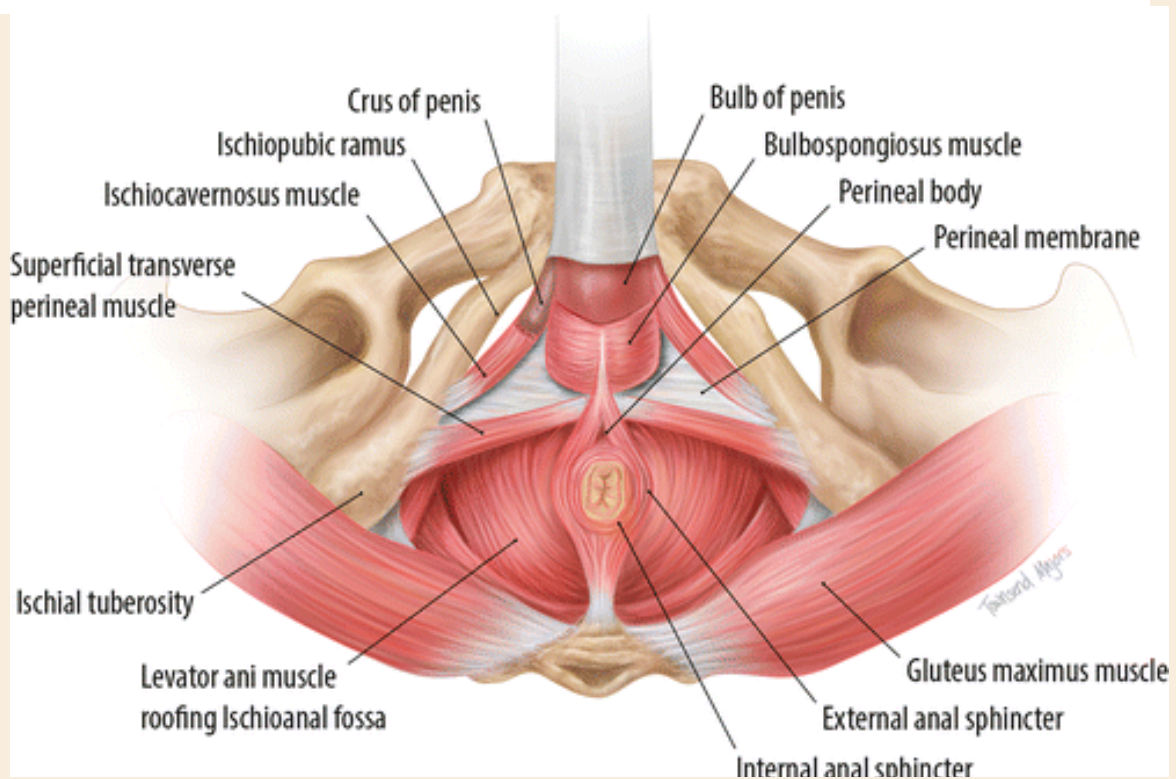
ANATOMY

FEMALE PELVIC FLOOR



(a) Female

MALE PELVIC FLOOR



PELVIC FLOOR DYSFUNCTION

Pelvic floor dysfunction exists on a continuum from laxity to hypertonicity.

Laxity = too relaxed

Hypertonic = too tense

Both men and women from all walks of life can experience pelvic floor dysfunction.

Catalysts for Dysfunction:

1. pregnancy/child-birth
 2. menopause
 3. chronic constipation/poor bathroom habits
 4. pelvic surgery
 5. chronic cough
 6. prostate cancer/prostate cancer treatment
 7. poor posture/core weakness
 8. improper lifting
 9. diet
 10. trauma
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Symptoms:

- leaking on exertion (stress incontinence) e.g. sneezing, jumping etc.
- difficulty emptying/going to the washroom frequently (urge incontinence)
- pelvic pain/low back pain
- bulging/heaviness at vaginal opening
- reduced sensation

PELVIC FLOOR FUNCTION

When your core & pelvic floor are communicating well with one another and you begin to build strength through the balance of tension and relaxation, we approach optimal functioning. The stronger your core is, the stronger the foundation of your house (body) is. All of your movement begins in the trunk (core/pelvic floor, pelvis, spine). You will experience less injury, a reduction in chronic pain and pelvic floor dysfunction if you have a well-conditioned and coordinated core.

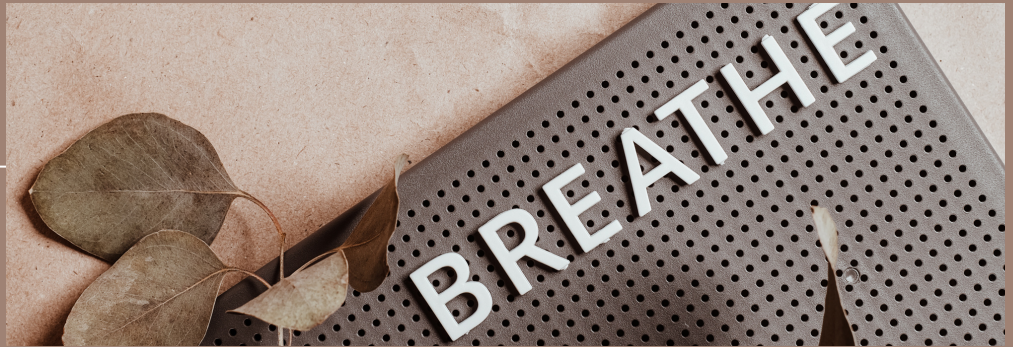
Catalysts for Healthy Function:

1. **360 degree breath**
2. **proper breathing/bracing during movement & exercise**
3. **bladder training**
4. **pelvic floor exercises**
5. **adequate exercise/movement**
6. **strong mind/body connection**
7. **healthy posture/neutral alignment**
8. **practice :)**

Outcomes:

- Improved hip & spinal stability
- bladder control
- pelvis/hip/spinal alignment- healthy posture
- improved muscular coordination & force generation
- reduced risk of injury during exercise
- increased sensation
- stress reduction

DIAPHRAGM EXERCISES



1. Extended Inhales w/ 360 Breath

- Find a comfortable position to relax (try on your back, knees bent, feet on floor.)
- Begin by taking an inhale through the nose. Focus on filling your abdomen- fill laterally into the ribs, into the back body & into your belly. Repeat for 10 breaths.

2. Different Positions for Back Body & Rib Expansion

- Try this breathing pattern from a child's pose position, adjust the position of your knees so that you have more or less feedback from your diaphragm pushing into your legs- see what feels best
- From a supine position (on your back), raise your arms overhead & breathe deeply from here
- Sit in a full 'yogi-squat' position either on your own/with a block & breathe from here- always observe what sensations you notice in your body

3. Balloon Breathing- Repeat 3-5 reps

- **REST between reps to avoid lightheadedness**
- To practice how it feels to breathe into your abdominal brace or engaging your core with your breath- grab a balloon.
- Find a comfortable position, place 1 hand on your abdomen & blow into the balloon
- Notice the resistance as you breathe into the balloon, notice what your core does. It should engage/feel firm

TVA EXCERISES



1. Standing Pelvic Clock

Take your hands to your hips- observe where your pelvis naturally falls.

1. Using your fingertips, guide your hip bones to a neutral position.
2. Next, push your right hand into your right hip bone to guide the left side of your hip up, repeat on left side
3. Scoop/tuck your tailbone under- without bending your knees
4. gently arch your low back/open ribcage
5. **Repeat 5x**- try to get into a flow as you move through these positions

2. Supine Pelvic Tilts w/Extended Exhale

Begin on your back, knees bent with feet on the ground

1. Place your hands on your hips for feedback & take a long inhale through your nose followed by a controlled exhale through your mouth
2. As you near the end of your exhalation, gently tuck your pelvis & press your low back into the ground as if you were crushing a bug. Perform this movement with the strength of your core. Avoid squeezing your bum or pushing with your feet. **Repeat for 10 reps**

3. Quadruped Foot Slide (Modified Bird-Dog)

Begin in a table top (quadruped) position. Make sure your joints are stacked- shoulders over wrists, hips over knees.

1. On an inhale begin to extend your right arm in front of you & your left leg behind you, sliding your toes back as you do - keep the connection of your hips & ribs in this extended position
2. On an exhale, return to starting & repeat for 6-8 x / side

PELVIC FLOOR EXERCISES



1. Blueberry Grab/ Close & Lift (KEGAL)

- Think of a blueberry at the vaginal opening- that blueberry needs to get into an elevator & take a ride to our belly button without falling
- AFTER a relaxing inhale, on your EXHALE- Grab your blueberry, close the elevator door & squeeze/lift toward the naval
- Think of a zipper action, without 'sucking in'.
- For male anatomy- think of closing & lifting/ the action you would perform to stop the flow of urine.
- Think of this contraction as being initiated from all sides, squeezing up & in & together
- **Perform these WITH your breath for 10 reps**, contract on exhale, release & relax on inhale

2. Extended Holds

- Follow the instructions in step 1.
- This time, you're going to hold on to your contraction for as long as you can. Time yourself.
- Take 30 sec of rest between Reps --> **Perform 5 reps**

3. On & Off's

- This exercise is not paired with any particular order of breath
- The goal is to perform as many short/quick contractions in a row before you fatigue without holding your breath- breathe naturally
- Set a timer for 10-20 sec, record how many reps you can perform

INTEGRATED EXERCISES



1. Bridge w/ Block Squeeze

Lay on your back, feet planted, knees bent- place a yoga block/towel between your legs & knees

1. Inhale at the bottom & exhale as you squeeze your glutes to raise your hips to the sky, squeezing your block as you do.
2. On your exhale, try to find some extra core engagement & if you feel comfortable, add in your Kegal.
3. Be sure to fully release on your inhale as you lower back down to the ground. **Repeat for 12-15 reps**

2. Deadbug

Begin on your back w/ knees bent @ 90' & arms extended to the sky

1. Find your core activation by gently pressing your low back into the ground
2. On an inhale, extend your opposite arm/opposite leg away from the body- maintaining the connection of your hips & ribcage
3. **Return to start @ alternate for 10 reps/s**
4. If you feel comfortable, add your Kegal on your exhale

3. Side Plank Hip Thrust

Begin in modified side plank from the forearm & knee- make sure your joints are stacked (shoulders over elbows, hips & knees in line)

1. Inhale at the bottom & on your exhale press up into a side plank
2. As you press into side plank, open your top knee so that you are simultaneously performing a clamshell with the top leg.
3. Close the clamshell & return to starting position. **Repeat for 8-10reps/s**
4. If you feel comfortable, add your Kegal on your exhale.

STRETCHES



1. Child's pose

- Can help with overactive pelvic floor
- Calms nervous system



2. Happy Baby

- Stretches inner thigh muscles connected to pelvic floor



3. Cat-Cow

- Improves lumbo-pelvic rhythm & mobility



4. Reclining Twist

- Lengthens tissues around the sacrum/lumbar spine which can improve PF mobility



5. Perfect Stretch

- An integrated stretch to open the hips & wake up the core musculature



6. Reclined Butterfly

- Another restorative pose that offers similar benefits to happy baby & child's pose



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THANK YOU!

It's been an honor and privilege to facilitate your workshop.
Thank-you for sharing space with us.

