

The Secret Squeeze

What are the pelvic floor muscles?

Pelvic floor muscles are the layer of muscles that support the pelvic organs and located at the bottom of the pelvis. The pubococcygeus muscle or PC muscle is a hammock-like muscle that stretches from the pubic bone to the coccyx (tail bone) forming the floor of the pelvic cavity.

Pelvic floor muscles can be strengthened and trained like any other muscle. Strengthening your pelvic floor muscles is highly recommended at any age and is advisable to start as early as in the 20's for pelvic muscle conditioning. Working with your pelvic energies will release old emotional patterns, activate new energy pathways and aid in jaw tension release.

Finding your pelvic floor muscles

To identify these these muscles, imagine you are stopping the flow of urine, which activates the PC muscles. At the same time you are squeezing the PC, squeeze the rectum muscles also. As you squeeze, suck muscles inwards inside the pelvis.

Try the Pelvic Squeeze exercise now

- Breathe in and squeeze the PC muscle and rectum together, hold
- After you have contracted muscles, now relax and loosen muscle gently as you breathe out
- Now squeeze PC and rectum again, as you become aware of the sensations and pelvic floor muscles lifting upwards
- As you squeeze inwards, feel the deep abdominals draw in
- Exhale and release
- Keep your upper body relaxed above belly button
- You can hold for up to 10 seconds and repeat the whole sequence



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Find out more about the Sacral Power- Yoga Flow to connect you to the full power of your Sacral Chakra and Pelvis. This powerful practice is deeply relaxing, releases tightness in the hips and balances energy.

Find out more about the Sacral Power – Yoga Flow Class 45 minute online class here

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