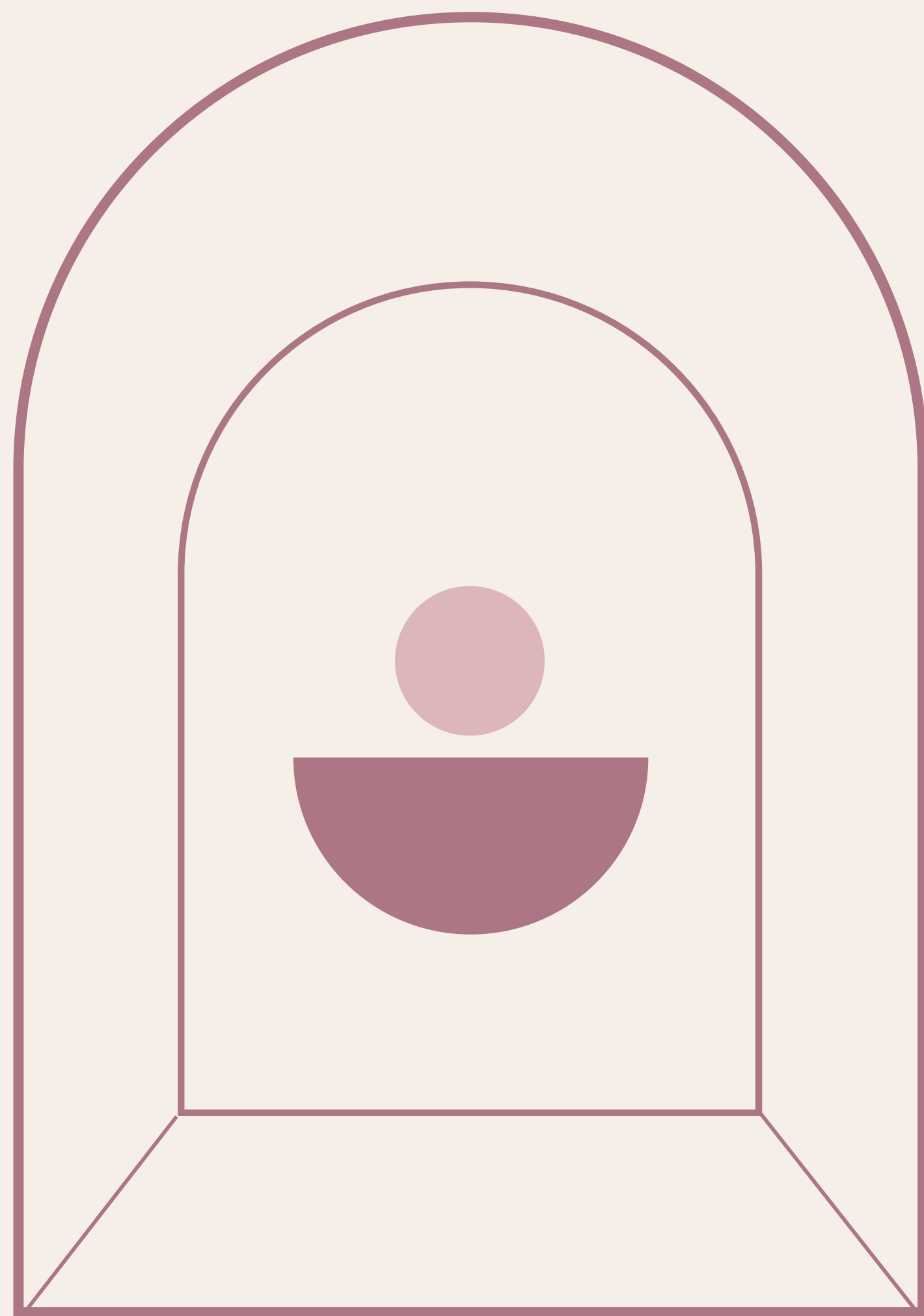




HANDOUT  
PELVIC YOGA SERIES



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Steffi Von Brunner

April / 2021

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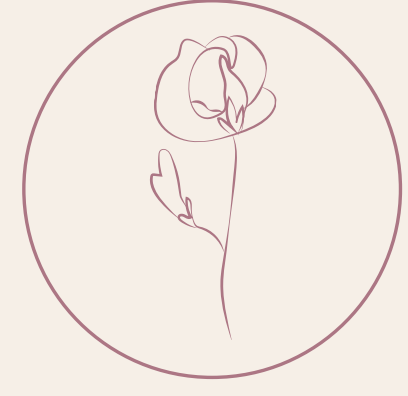
# Welcome

By Steffi Von Brunner



The pelvis is a very delicate and intricate part of our body. The pelvis is made out of bones, muscles, nerves, connective tissues and organs. Plus it has quite the job; connecting your upper and lower body, supporting your organs and it's a passageway. It really is the basket of our being, holding everything together.

I've been where you are, looking for a way to create space in the pelvis. To ease pain and tension. Through my own experience I've created this yoga series for you. Yoga has been my go-to practice through it all. Via specific yoga postures, breathing techniques and meditations you will bring that space back, ease tension and pain, making your pelvis feel like a happy space again!



# Anatomy of the Pelvis

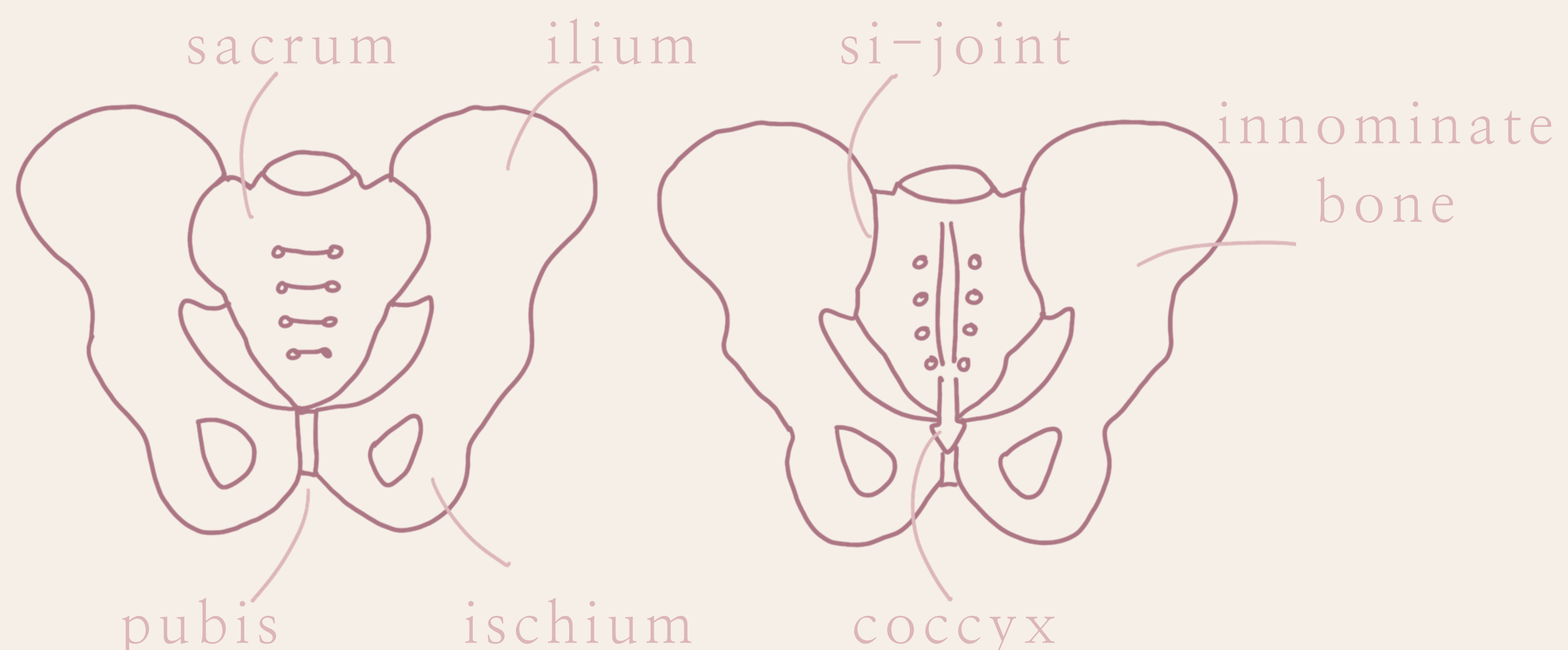
Bones, muscles,  
and organs

The pelvic floor muscles (PFMs) are a complex set of muscles, nerves, connective tissues, bones and ligaments.

The bony pelvis forms the house for the PFMs. The pelvis consists of three bones: the innominate bones, the sacrum and coccyx. The innominate bones consist of three bones fused together: the ilium, the ischium and pubis. The PFMs function optimally when these three bones are in correct alignment.

There are three joints: sacral-iliac joint, pubic symphysis and coccyx.

*Knowing your anatomy will help you create body literacy*



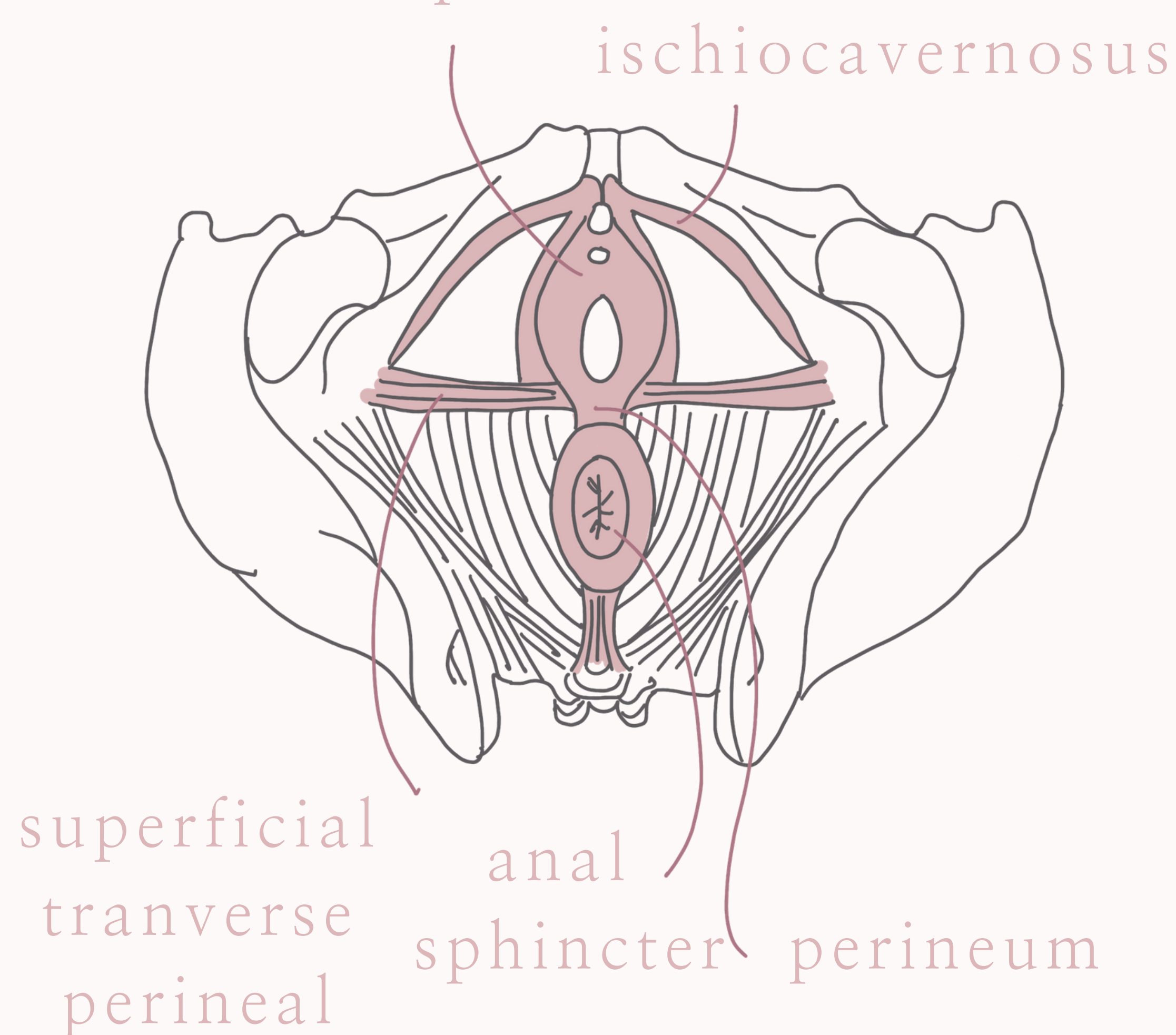
## The pelvic floor muscles

The pelvic floor muscles have five different functions:

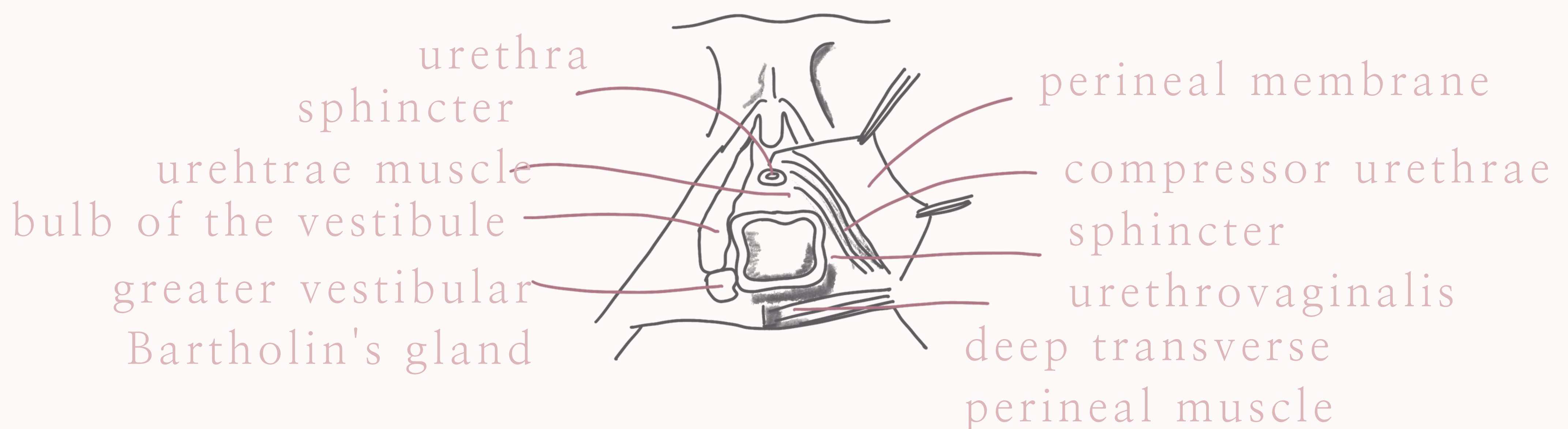
1. Supportive: PFMs support abdominal organs
2. Sphincteric: PFMs help prevent urinary and fecal incontinence
3. Stabilisation of the pelvic girdle region is provided by the PFMs
4. Sexual: PFMs play a role in sexual function and enhance and make orgasms stronger and better.
5. Lymphatic action

The pelvic floor has three layers and is connected between the pubis, sitting bones and tailbone.

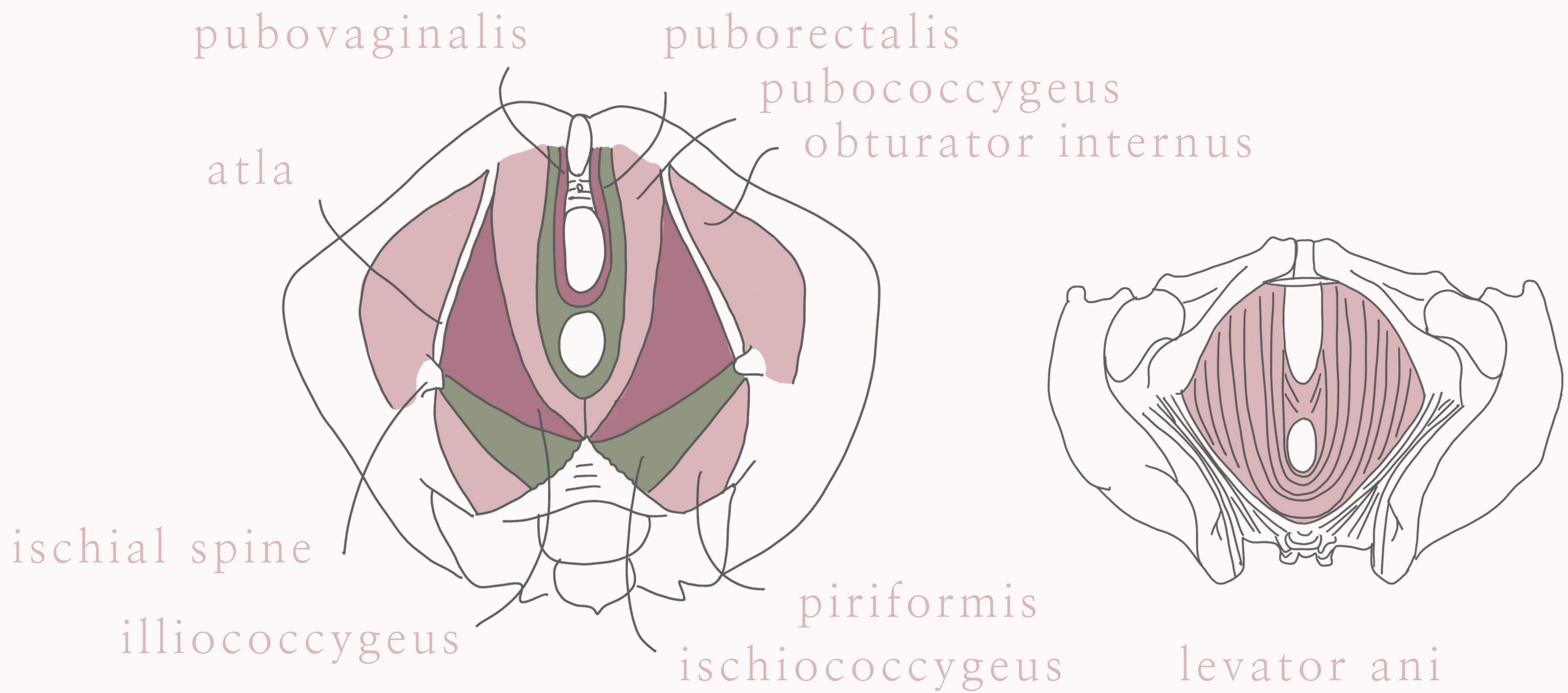
### Layer one of PFMs



### Layer two of PFMs



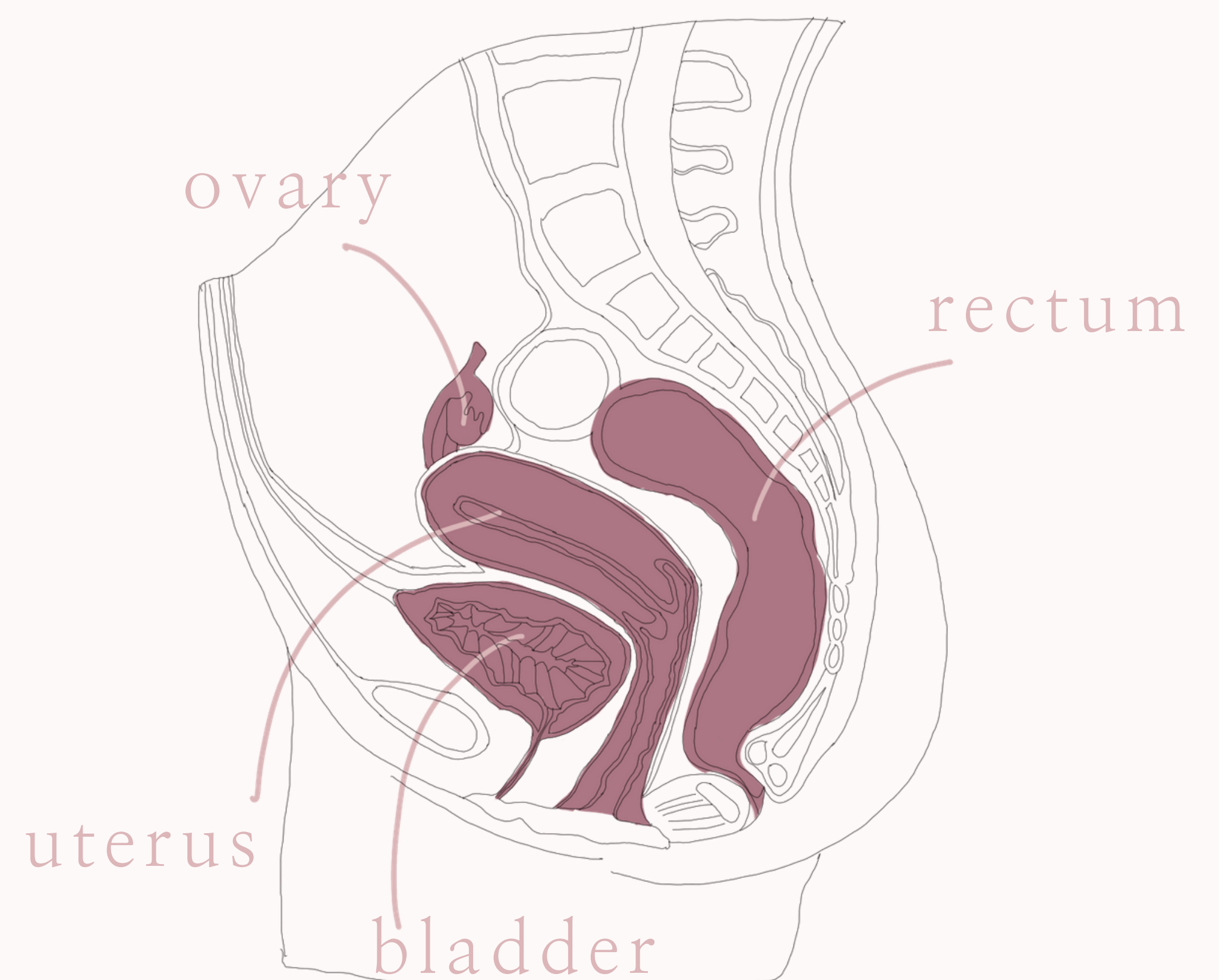
## Layer three of PFMs



## The organs

In the female pelvis there are three organs: the bladder, the uterus and the rectum. When the pelvis is in neutral alignment the organs rest on the PFMs and on the bone, if the pelvis is tilted backwards the organs only sit on the PFMs.

The bladder, uterus and rectum fill and empty throughout cycles, leaning and supporting on each other. During menstruation the uterus doubles in size and with menopause the uterus shrinks about 25%. This all has influence on the alignment of the organs, the muscles, fascia and ligaments.



The organs can prolapse and the uterus can be out of alignment. A normal uterus is free floating centered and forward in the pelvis. Out of alignment the uterus can be tilted backward in a retroverted or retroflexed position.