

PELVIC YOGA SERIES

week 1 • pelvic awareness

pelvic space meditation

IN EX
move on breath

IN EX

stir in both directions

TAP on pelvis & shake

heart & womb connection

both directions
sit w/ neutral pelvis
place belt under perineum
→ Breathe into PF →
movement → 10% engaging

R/L

unfurl tailbone + weight on sacrum

breathe into PF