

Pelvic Parfait

7-minute Mini playsheet

Many women come to *Yoga for the Vagina* to help restore and heal their pelvic floor. We are very much a sitting culture - we sit to work, to wee, to eat, to drive, and so on it goes - and just sitting for one hour a day can lead to atrophy in our pelvis and the muscles held within it, hence why there is such a high rate of sexual health issues in women, including prolapsed organs. Where do women turn? Often to Kegels, pumping their PC muscle a ka-zillion times day.

The problem with Kegels is that they rarely work in building healthy tone, and in many cases actually create tension and instability in the way the pelvic organs, muscles and fascia communicate with each other. You can read my full blog: [Kegels: Do they really work?](#) here. Us ladies have a whole pelvic bowl full of muscles and tissues that need to be engaged in order to pin our reproductive organs in place and ensure they're working well. This is where the confusion happens. So let me clear this up for you...

We have a pelvic bowl and beneath that bowl is the pelvic floor. Despite what you may've heard, the pelvic organs are supported by the abdominal wall, *not* the pelvic floor. What I'm saying, is that the pelvic organs are not perched on top of the pelvic floor as many people would have us believe. This is why chronically squeezing the pelvic diaphragm (as in Kegels) distorts major elements of pelvic organ support, and draws the organs away from their natural positions at the lower abdominal wall.

It is the endopelvic fascia that is the major support structure of the pelvis and the organs within it. This tough, stretchy fascia envelopes each organ and muscle connecting them to the walls of the bony pelvis. This is why we need to consider this whole area, not as different muscles that need to be exercised (like the PC muscle in Kegels), but as a whole. And I like to call this the 'Pelvic Parfait', because we're talking about layers of muscles and tissues here. For a more detailed description, take a peek at the **Luscious Lady Parts** playsheet.

Your pelvic parfait is a team of muscles, tissues and fascia that work together to support your lady parts!

This particular Mini sequence works to engage the Pelvic Parfait using specific poses that do not require a Jade Egg. As you do this sequence I encourage you to visualise your whole pelvic area - your Pelvic Parfait - engaging. As you listen to the guided audio you will be asked to tune into the energy of your Pelvic Floor, rising up through your midline, creating a nice lift through your front body. Even if you find it difficult to connect in with your energy body, simply imagine this lift through your front body, as that is the first step in starting to engage more consciously with the body overall.

Continue to connect in with this energy throughout your practice, as it will help create the physical lift and engagement you're after, so your sexual organs have all the support they need to function well. But most importantly, as you sit down on your yoga mat or in a park, or wherever you might be, to play with this Mini, smile! Bring a little love into your practice and be super kind to yourself, as this is the most important ingredient of any yoga practice.

Pelvic Parfait

7-minute Mini manual

- ♥ **Easy Pose:** 30-sec
 - ♥ **Sufi Grinds:** 2-min
 - ♥ **Pussy Cat Pose:** 2-min
 - ♥ **Hover:** 1-min
 - ♥ **Extended Child's Pose:** 1-min
 - ♥ **Prayer Pose Blessing:** 30-sec
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Easy Pose

We begin the **Pelvic Parfait Mini** in **Easy Pose**, sitting cross legged on the floor. Move the flesh away from your sit bones. Your sit bones are the prominent bones at the lowest part of your pelvis that make contact with the ground. If your weight is not centred on your sitting bones, you have no chance of sitting upright with ease. As your sit bones root down into the earth, feel your crown drawing up to the sky, creating length through your spine. Shoulders relaxed, rest your hands on your knees.

Smile, and as you do, start to tune into the energy of your pelvic floor, rising up through your front body, giving you a gentle lift. Let your energetic body create the physical lift, as opposed to just forcing your torso into an upright position. As you feel this lift through your spine, find places where you can ground and anchor; perhaps in your sit bones, the tops of your thighs, your shoulders, your elbows. Relax your jaw, soften your throat and breathe. **You can watch the Blissful Breath videos to see this pose.*



OTHER WAYS: If you can't sit in **Easy Pose**, simply sit on a bolster or cushion or folded blanket in **Easy Pose**. You will know you need to prop yourself up a touch, if you find it difficult to maintain length up through your spine as you sit in this pose; if your back is rounding backwards. Propping yourself up, helps draw the thighs down and away from the hip sockets and ensues that your body is being used in a way that helps you open, not contract. If this is still not available to you, you can also start this sequence in **Rock Pose** (kneeling) or sitting in a chair with your feet flat on the floor. Most importantly, find what feels good for your body.

GIFTS: **Easy Pose** strengthens the back and stretches the knees and ankles. It opens the hips and groin and outer thigh muscles (your abductors). Sitting cross-legged like this demands that the pelvis be balanced and the hip sockets open, which are so important to a woman's stability, posture and keeping her sexual organs pinned in place. This pose will even help ease menstrual cramps. Physically it's brilliant to work towards especially if you can't quite get into this pose yet, and mentally, it helps calm the brain, making it a great all-rounder!

Easy Pose is said to be the pose of 'ease' hence the name. Yet, for ladies living in Western Societies, it can be much more of a challenge, due to our hips and groins being much tighter from spending so much time sitting in chairs. So wherever you're at in your **Easy Pose** journey, accept your body for what it can do, and trust that if you continue to practise sitting in **Easy Pose**, even when you sit to watch TV, over time your hips will start to release the stored up tension so you can easily sit in **Easy Pose**, AND so you can enjoy a healthier, more pleasure-filled pelvis.

Sufi Grinds

Sufi Grinds involve winding your torso around in a slow gentle circle. To begin, simply inhale and push your chest out toward the front of you like the carved figure on the prow of a ship, arching your neck and back. Begin circling your spine clockwise, pushing your spine around to the right, making sure you keep your left sit bone on the mat. Feel the stretch in the right side of your torso. As you come around to the back, exhale and push the middle of your spine out toward the wall behind you.

Circle the middle of your spine round to the left in one continuous fluid motion, feeling the stretch in the left side of your torso, while keeping your right sit bone on the mat. Inhale and come around to the front again, pushing your chest out in front of you while arching your back. Continue to wind your way around letting your heart lead the movement, drawing a circle above your pelvis. Drop your awareness down into your pelvic area, because where you take your focus, that is the area you wake up. **You can watch the Pure Pleasure Videos to see this pose.*



OTHER WAYS: If you feel stiff when you do **Sufi Grinds**, this is totally ok! Once you've been grinding away for a while, your rotations will become much more fluid. If you can't sit in **Easy Pose**, simply sit on a bolster or cushion in **Easy Pose**. You can also do this one in **Rock Pose** (kneeling) or sitting in a chair - you will still derive the full benefits of this practice. If you have problems with your spine, hips or back, simply do smaller circles.

GIFTS: This spinal rotation is very grounding and affects your lower chakras, increasing blood flow to your pelvic region and promoting the health of your reproductive organs. When you **Sufi Grind** you're massaging the pelvic floor, the gluteal and softening and balancing the entire pelvic girdle. It's brilliant for relaxing and opening your hip joints and working the core muscles in your abdomen and your back.

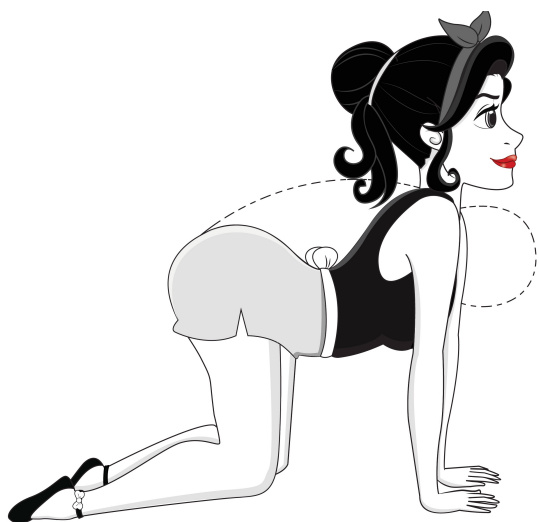
The circling motion keeps your lower spine flexible and your digestion moving. If you have troubles with constipation do **Sufi Grinds** on their own for up to 15 minutes to help shift the poopies! Because this pose works with the adrenals it can have a real calming effect, which can be quite meditative on its own. It really is a quick and easy way to become mindful, and drop down into your body.

Pussy Cat

Come forward onto your hands and knees like a **Pussy Cat** (also known as Cat-Cow), ensuring your knees are directly under your hips (about two fist-widths apart), and your hands, wrists and elbows are straight, shoulder-width apart, fingers facing forward and spread like star-fish to activate your heart and help you balance and ground down. Your spine, including the back of your neck is parallel to the floor, so you're looking at the space between your hands. This is neutral or what is also known as **Tabletop Position**.

As you inhale tilt your pelvis forward, arching your spine down towards the floor, head and neck looking up. Make sure you reach through the sternum to lengthen your spine. As you exhale tilt the pelvis the opposite way, arching your spine up towards the sky as you press your chin to your chest. Really feel the stretch as your back creates a yummy arc. Be careful not to lock your elbow joints, and simply allow your pelvis to drive the movement. **You can watch the Letting Go or Moon Time videos to see this pose.*

OTHER WAYS: If your wrists are too tender in this pose, you can support yourself on the top of your knuckles instead. This will take a lot of pressure off your wrists. Or another way to do the pose is to lean your elbows and forearms onto a cushion or bolster. If you feel any pinching or tightness anywhere in your torso, make your movements smaller.



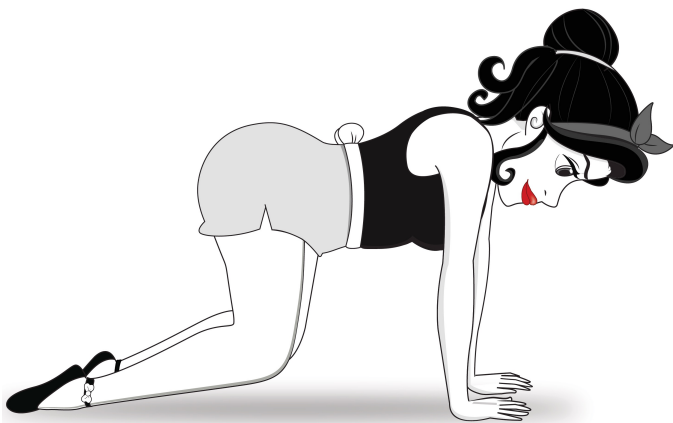
GIFTS: **Pussy Cat** is a super pose for the whole pelvic parfait (your pelvic floor and adjoining muscles and tissues). As you inhale and exhale, you are naturally engaging and releasing your pelvic floor. This really is one of the best pelvic floor exercises you can do if you don't have time for a full practice. The pose is amazingly effective in ridding lower back pain and especially cramps. It's used to reduce abdominal swelling and bloating, while also toning the reproductive system.

Interestingly, four-legged mammals do not experience prolapsed organs because they don't experience the intra-abdominal pressure of the organs due to their four legged position, which allows the pubic bones to serve as a strong osseous shelf above which their pelvic organs are positioned. Yet us ladies, being upright most of the time, do not receive this support, and thus must ensure we maintain good posture at all times, to create the support to keep our organs in place. We look at how to adopt a healthy womanly posture in more detail in the **Breast Love sequences**.

Hover

Beginning in **Tabletop Position** (neutral **Pussy Cat**), set yourself up for greatness by making sure your spine is parallel with the floor, gaze straight down, and find strength in your foundation by pressing away from your yoga mat. On an inhale, press into the tops of your feet, and as you exhale press your knees away from the floor, hovering an inch or so above the floor to awaken your core.

Hold here, as you draw your shoulders away from your ears, and imagine the crown of your head shooting forward in front of you, as your tail bone reaches back behind you. Think nice long beautiful neck. Engage your abdominal wall - by imagining your navel is drawing towards your heart - as you hold this pose. You'll probably feel a little fire in your belly. When you can't hold any longer, slowly release your knees back down to the floor into **Tabletop Position**.



OTHER WAYS: If the **Hover** is too much for your wrists or too intense overall, place your forearms and starfish hands down on the mat, elbows directly under your shoulders and lift from this position. You may only be able to lift for a few seconds. If that's the case, that is perfect. The more you practise, the more you will build the strength to hold for a few seconds more, then a few seconds more, until you can hold for a full minute! A nice variation of this pose is to curl your toes under, and lift the knees up from here, giving your feet a little yoga love too!

GIFTS: **Hover** builds strength in your core, your arms and your pelvic parfait. As you hold the **Hover**, you're engaging the abdominal wall, you're strengthening your core, and you're waking up the energy within. Because you're shaking up your energy, you get a nice mood-boost when you do this exercise, and then you have the added bonus that you're on all-fours, which gives the reproductive organs full support as you work your muscles.

Extended Child's Pose

We come into **Extended Child's Pose** from **Tabletop Position** (on all fours). Feel your body pressing up off from the mat, walk your hands forward. Bring both big toes together, widen your knees. Inhale as you look forward and press into your palms as you exhale and send your sit bones back to kiss your heels, adjusting your palms as needed until you feel a nice side-body stretch. Let your shoulders relax, your forehead coming down to rest on your mat as your heart melts down into the earth.



Keeping lots of space between your shoulders and ears, each time you inhale feel the stretch along your back body, and as you exhale, send your sit bones further down into the earth (your butt cheeks should be dropping down towards your heels), so you can feel a lengthening along your spine. To come out of the pose, bring your palms in close to your knees and gently roll up through your spine, one vertebra at a time, head coming up last. *You can watch the *Moon Time* videos to see this pose.

OTHER WAYS: If you feel discomfort in your knees, place a folded blanket between your thighs and calves. You can also place a cushion under your outstretched arms as this can be very restful during menstruation. Can't get your booty back to your heels? Simply go back as far as you can reach, then place some blankets or cushions between the back of your calves and thighs. Allow your body to melt into the pose over time.

GIFTS: Giving yourself the time and space to sink into this pose rests the brain and soothes the nerves. How does it do this? By increasing circulation to the brain, stimulating the pineal and pituitary gland, which in turn, helps to regulate serotonin and melatonin. This helps to balance sleep cycles and prevent and cure depression. **Extended Child's Pose** offers so much transfer of oxygen and nutrients to the brain, it's said that just 30 seconds in this pose is just as beneficial as getting 8 hours of sleep!

Prayer Pose Blessing

We finish this mini sequence in **Rock Pose**, sitting on our knees with our toes touching, side by side. Take your hands to your chest in **Prayer Position** and say 'I am love' before bowing your head to your heart, feeling the stretch along the back of your neck.



OTHER WAYS: If you can't sit on your knees, simply sit in **Easy Pose** or on a chair. Find a seat that is most comfortable for you.

GIFTS: Joining your hands together in **Prayer Pose** brings your right side, the *pingala*, and your left side, the *ida*, together, neutralising the positive and negative polarities of your electromagnetic field. When the knuckle of your thumbs press into your breastbone, it hits up against the reflexology point for the vagus nerve; one of the major nerves going to the pineal gland up the front of the body. This pressure immediately causes the pineal and pituitary glands to secrete, creating calm in the brain. This allows one's prayer - or self-love blessing - to come from the heart!