



*ways you can use*

**your breath to  
support your  
pelvic floor**

[elsilcock.com](http://elsilcock.com)

**The Diaphragmatic Breath** to relax / unclench the pelvic floor.

*How?* Inhale into ribcage + belly and feel pelvic floor let go.

**The Core Breath** to stabilize your body as you lift or exert effort.

*How?* Intentionally exhale to gently lift pelvic floor + feel deep abs wrap your core.

**The Exhale-To-Push Breath** to help you when you're pooping or giving birth.

*How?* Forcefully exhale while keeping pelvic floor "open"; direct the breath down and out.