

We are going to start with two low deep breaths, so that your pelvic floor starts in a relaxed position. Breathe into your lower tummy, letting it swell, and let it go. Breath in again, feeling your pelvic floor release, and let go. Are you ready? Squeeze and lift up as high as you can, and let go. And squeeze, and lift. Keep going as high as you can. Squeeze from the back passage, bring it forward, and let go. Well done, you're halfway there. Squeeze and lift. And let go. Keep squeezing. Keep the effort going, you're nearly there. Two more. Last squeeze, big effort. And release. Well done.