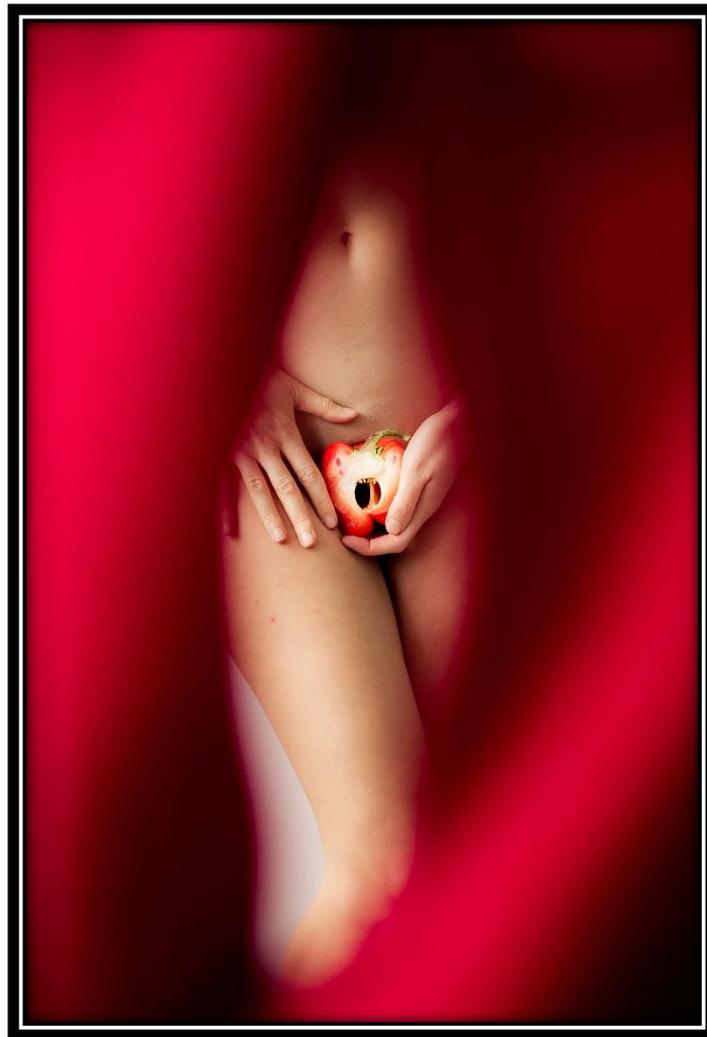


Womb Practice

Pelvic Presence Yoga Poses



Disclaimer:

All information provided in the booklet is for informational or educational purposes only. It is not intended as a substitute for the advice of your healthcare professional or doctor. I do not claim to diagnose, treat or cure any diseases or to be taken as a replacement for your doctor or medical provider.

References:

I want to acknowledge The Institute of Feminine Arts – Womb Awakening where I was trained and where this practice originated from.

Wisdom and Insights has also been weaved into this information booklet from my own personal experience on this throughout my journey.

The material provided in here can be shared with the request the original source is acknowledged.

Pelvic Presence Awareness

This practice is designed to help you connect with your sacred womb space, to become familiar with all her rhythms, sensations, and subtleties.

In this space we carry all our unresolved emotional wounds, Inner child wounds (including gestation and birth), sexual wounds, and old physical wounds. It can be experienced as tension, tightness, tingling, sharp or a dull pain. If we are out of alignment in this area, it can also show up as physical ailments like cysts, endometriosis, fibroids, menstrual difficulties and fertility issues.

As woman it is important we awaken this sacred part of our being, the great wisdom and power that is contained here is waiting for us to remember again.

When we allow ourselves to be receptive, surrender and fully let go, we are then able to restore our sacred feminine space back to her natural alignment.



All too often we are associated with the masculine energies of doing, doing, doing, constantly active, very much up in our heads and not enough time in our feminine energies of feeling, stillness, reflection, integration, rest, allowing the energies to move through us again.

By tuning into the most subtle energies along with breath work in our sacred space, well actually everywhere in your body, the energies start to flow again, with this flow may bring up physical sensations, symptoms, emotional wounds, anxiety and fear. It can also bring up anger, frustration, resistance, and a deep agitation.

All this is part of the normal healing process and at times it can seem uncontrollable, and intense, just know it is temporary and it will pass.

Guided Meditation Audio

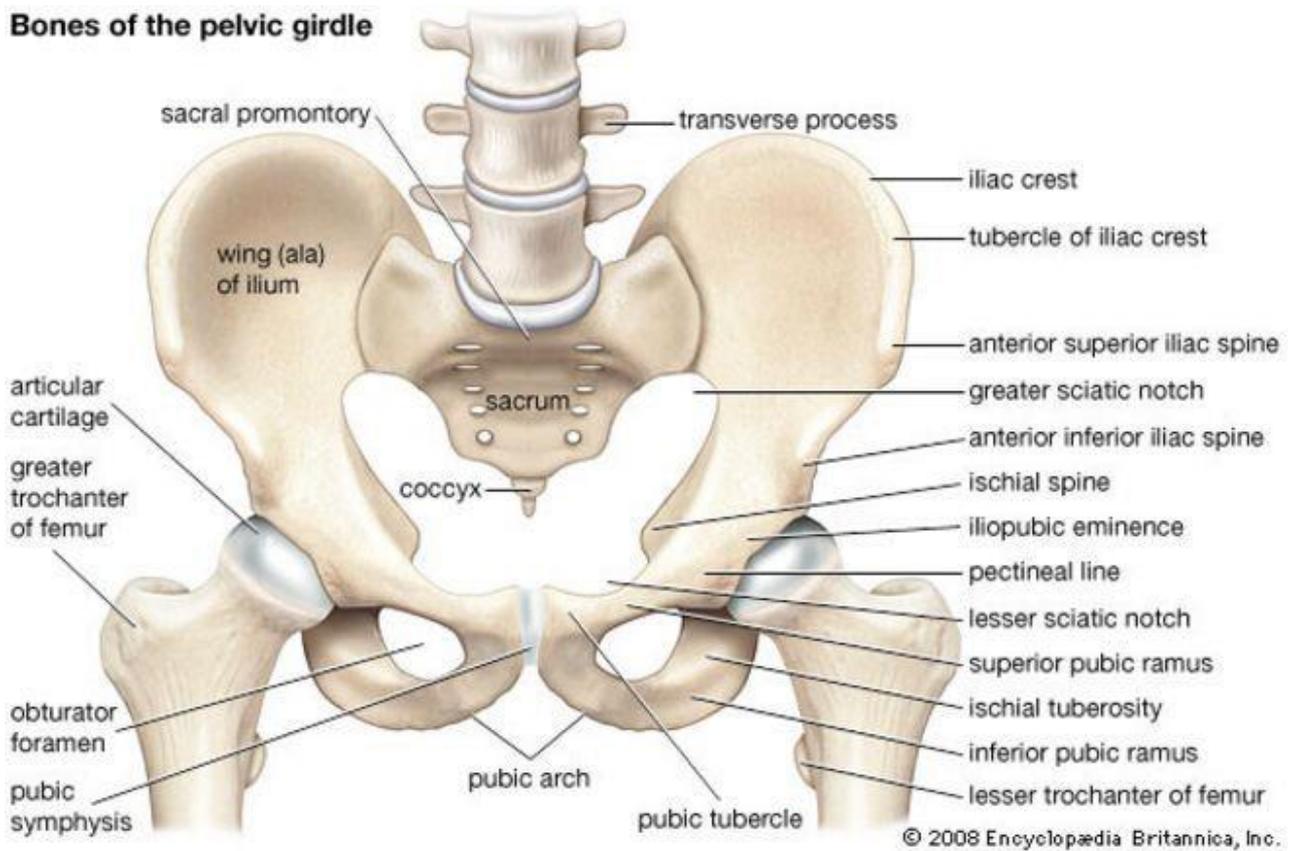
A guided meditation has been provided so you can be guided on a journey inwards and when prompted to perform the bodywork practices as well. I have also provided images below to assist you on what each body movement looks like.

Guided Meditation

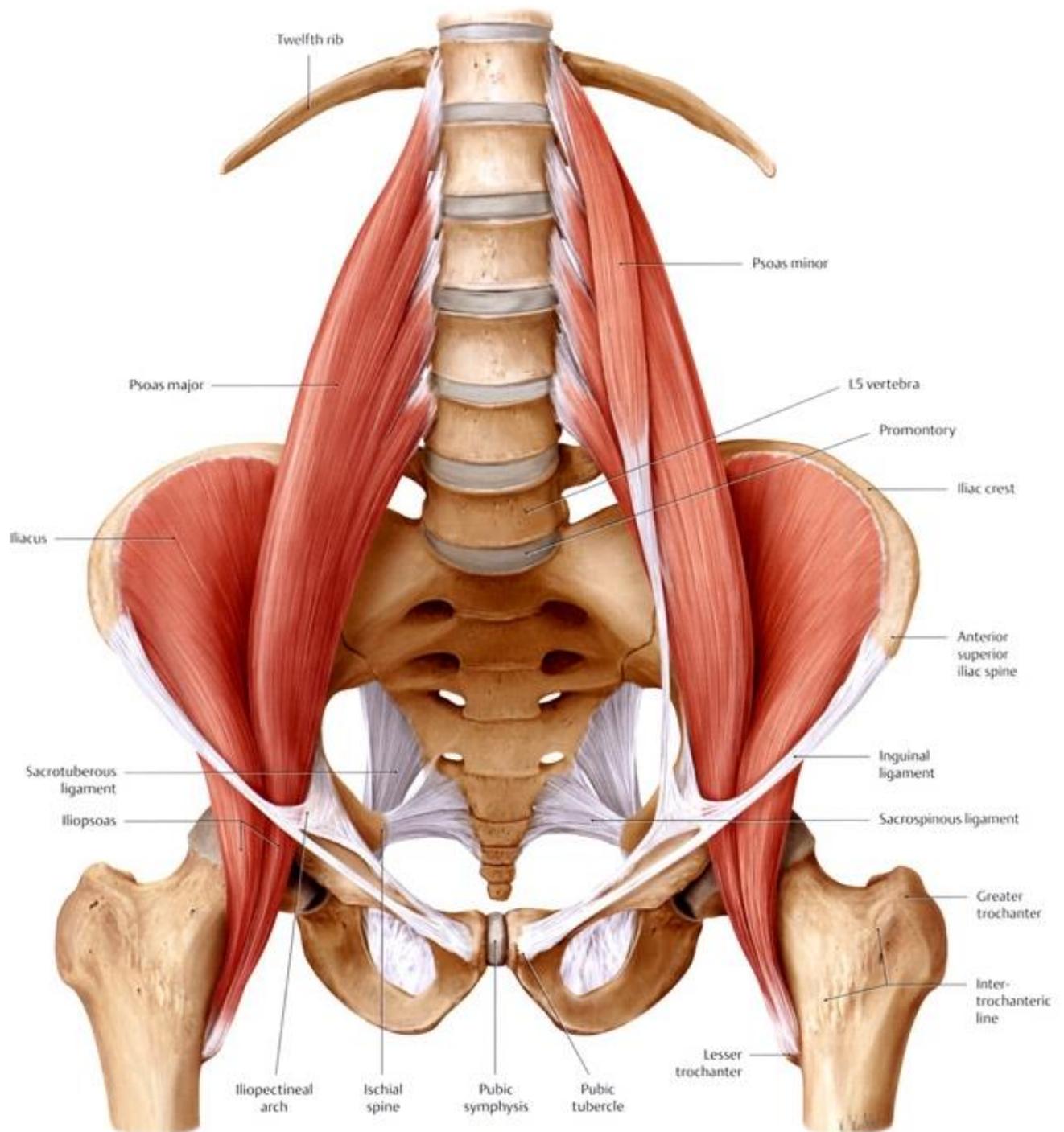
<https://drive.google.com/file/d/1YAdRF4FdixVcbUtAINHE9iUmJxZoT71S/view?usp=sharing>

Below are a couple of diagrams to help you become familiar with your pelvic bowl area, your sacred feminine space. It will help you to visualise and take your awareness to certain aspect of your pelvic bowl while you are being guided through the meditation practice.

Bones of the pelvic girdle



This diagram is to help you identify where your psoas muscles are located, when you are being asked to bring your awareness



Pelvic Presence Body Movement Sequence

Step 1



Bring knees up, hip width apart, feet on the ground, with palms facing up.

If possible, spread your arms out to either side of you in a straight line and gently drop both legs over to the right-hand side and breath.

Breath into any tension places gently, softly and with love for yourself.

You will then be prompted to bring your knees slowly back up to the middle and then gently drop them over to the left-hand side & breath.

Step 2



Step 3



Bring your knees back to the centre, this time legs slightly wider than hip width apart, feet on the ground, with palms facing up, either out to the side or next to you, whatever is more comfortable for you.

Step 4

If possible, spread your arms out to either side of you in a straight line and gently drop both legs over to the right-hand side and breath.

Breath into any tension places gently, softly and with love for yourself.

You will then be prompted to bring your knees slowly back up to the middle and then gently drop them over to the left-hand side & breath.



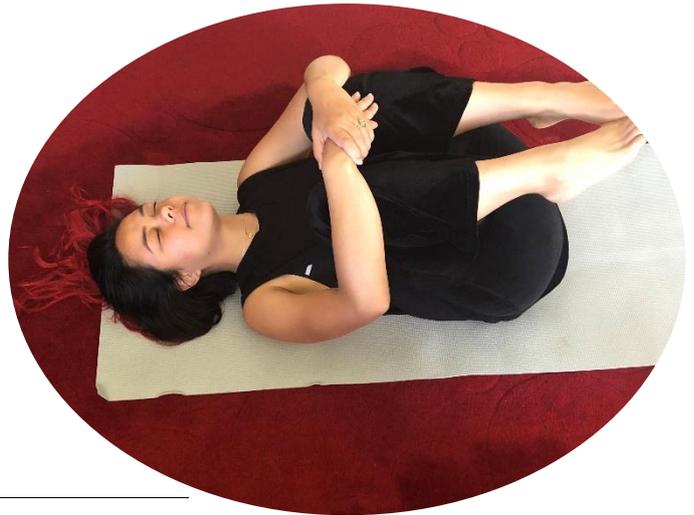
Step 5



You will be prompted to bring your knees slowly back up to the middle and this time bring your feet together, soles touching either with your hands out to your sides palms facing up or up behind your head with palms facing up if possible.

Step 6

Bring you knees together slowly and then bring your knees up to your chest and jug them, relax your shoulders.



Step 7



Open your knees apart and cradle your knees with your hands, you will be prompted to move you hips or circle your legs (optional).

Feel the stretch and allow your knees to drop open and be present with any sensations you may experience.

To receive the most benefit out of this practice making a commitment to do the practice daily over the next 2 weeks at least is strongly recommended.