



Pelvic floor strengthening exercises are an essential practice in a Divine Feminine Healing approach. They serve to tone the deep muscles of the perineum, to prevent or alleviate numerous gynecological disorders and to improve women's sexual quality of life. The pelvic floor is a muscular hammock that extends from the pubis to the coccyx and supports the genitals, bladder and rectum. It plays a key role in maintaining urinary and fecal continence, pelvic stability, and sexual function.

In women, the pelvic floor is subject to strong pressures in life, especially during pregnancy, childbirth, and menopause. A weakened pelvic floor can lead to urinary leakage, organ descent (prolapse), chronic pelvic pain or difficulties in reaching orgasm. Conversely, a toned and flexible pelvic floor promotes better blood and lymphatic circulation in the pelvis, increased sexual sensitivity and enhanced self-confidence.

Pelvic floor strengthening exercises, also called Kegel exercises, involve voluntarily contracting and releasing the muscles of the perineum. They can be discreetly performed in any position: lying down, sitting or standing. To perform them correctly, it is important to be aware of these deep muscles and to dissociate them from the abdominal, buttock and adductor muscles. A common picture is to imagine holding in a fart or sucking a jewel into the vagina. The contraction should be performed smoothly, without blocking the breath or tensing the other muscles.

There are different types of exercises depending on the objectives: short and rapid contractions to develop perineal strength and responsiveness, long and sustained contractions to improve endurance and tone, or "wave" contractions to soften and relax the pelvic floor. It is recommended to perform these exercises daily, at a rate of 3 to 5 sets of 10 contractions, varying the positions and types of contractions. Tools such as Geisha balls,

vaginal cones or the Yoni Egg can be used to enhance muscle work and bring a sensory and playful dimension to the practice.

Beyond their purely physical aspect, pelvic floor strengthening exercises also have an emotional and energetic reach. By taking care of this intimate and sacred area, women learn to reconnect to their pelvis, the seat of their creating power and pleasure. They heal memories of shame, abuse or neglect often lodged in the perineum and relearn to fully inhabit their sex. By toning their pelvic floor, they strengthen their grounding to the earth, their inner stability and their ability to set healthy limits in their life.

To incorporate perineum exercises into a Divine Feminine Healing practice, they can be combined with deep breaths, visualizations, or sacred sounds. For example, one can imagine a lotus flower blossoming in one's pelvis with each inhale and gently closing with each exhale. One can also visualize a bright red light pulsing in one's vagina and uterus with each contraction, evoking the life force of the first chakra. Or, one can emit a low, vibrating sound like a "Vou" when tightening the perineum, then release the sound and the muscles in a big liberating sigh.

Here is a specific example of a sequence of perineum exercises to practice daily:

1. Lie comfortably on your back, knees bent and feet on the ground. Place one hand on your lower abdomen and the other on your heart. Take a few deep breaths to center and relax yourself.
2. As you exhale, gently contract the muscles of your perineum as if you were trying to hold a tampon in the vagina. Maintain the contraction for 5 seconds while breathing normally. Then release completely for 10 seconds. Repeat 10 times.
3. Continue with rapid contractions: squeeze the perineum hard for 1 second then release completely. Do 3 sets of 10 contractions, allowing yourself a break between each set.
4. End with "wave" contractions: Take a deep breath, then exhale slowly contracting the perineum progressively, as if you were pulling a bead up from the vagina to the cervix. Gently release on the next inhale, visualizing the bead descending back down. Repeat 5 to 10 times.
5. After your exercises, take some time to feel the effects in your pelvis and your body. Observe sensations of warmth, tingling, or relaxation emanating from your perineum. Thank yourself for this time of kind attention and self-care.

By regularly practicing pelvic floor strengthening exercises, women reclaim their intimacy and enhance their overall gynecological health. They prevent or alleviate numerous disorders such as incontinence, prolapses or chronic pelvic pain. They also improve their sex life by gaining tone, sensitivity and receptivity to pleasure. But above all, they reconnect to the source of their feminine power and radiate this vital energy in all aspects of their life. Pelvic exercises then become a subtle art to awaken the inner goddess and celebrate the beauty, strength and wisdom of the wild woman within.

### Take-aways:

- The pelvic floor is a muscular hammock that supports the genitals, bladder, and rectum. It plays a key role in continence, pelvic stability, and sexual function.
- A weakened pelvic floor can lead to urinary leaks, prolapse, pelvic pain, or difficulties in reaching orgasm. A toned pelvic floor promotes better circulation in the pelvis, greater sexual sensitivity, and enhanced self-confidence.
- Kegel exercises involve voluntarily contracting and releasing the perineal muscles. It is important to dissociate these deep muscles from the abdominal, buttock, and adductor muscles.
- There are different types of exercises: short and rapid contractions for strength, long contractions for endurance, and "wave" contractions to soften the perineum. Daily practice 3 to 5 sets of 10 contractions varying the exercises.
- These exercises also have an emotional and energetic reach. They allow reconnecting to the pelvis, healing certain negative memories, and reinforcing grounding and limits.
- Perineum exercises can be combined with breaths, visualizations, or sacred sounds to incorporate them into a Divine Feminine Healing practice.
- An example of a daily sequence: maintained contractions, rapid contractions, "wave" contractions, ending with time for sensation.
- These exercises enable reclaiming intimacy, enhancing gynecological health, improving sex life, and reconnecting to inner feminine power.