

POSTPARTUM BREATHING GUIDE

CORE CONNECTION : EMPOWERING NEW
MUMS THROUGH BREATH AND STRENGTH



**JADES
BODY
GOALS**

Be the best version of yourself

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C H A P T E R

01



INTRODUCTION

Welcome to “Breathe In, Mom: A Guide to Serenity Through Breathing Techniques for New Mothers.” This chapter marks the beginning of a transformative journey into the world of motherhood, where the power of breath becomes your ally in navigating the challenges and joys that come with being a new mom.

As you embark on this incredible adventure, it’s essential to recognize the significance of self-care. Motherhood is a rewarding yet demanding journey, and your well-being is crucial not only for your sake but also for the well-being of your baby. In these pages, we’ll explore how incorporating intentional breathing techniques can be a powerful tool in promoting mental and emotional balance during this special time.

Discover the profound connection between your breath and your overall well-being. Learn how mindful breathing can become a source of strength, offering moments of calm and clarity amid the whirlwind of new responsibilities. This introduction sets the stage for the chapters to come, where we’ll delve into various breathing techniques designed to empower you on your journey as a new mother.

Embrace the idea that taking care of yourself is not a luxury but a necessity. By understanding the role of breath in promoting well-being, you’re laying the foundation for a healthier, more serene motherhood experience. Let this be the beginning of a mindful and fulfilling chapter in your life—one where the simple act of breathing becomes a guiding force in your journey through motherhood.

C H A P T E R

02

UNDERSTANDING THE POSTPARTUM CORE

In the aftermath of childbirth, your body undergoes remarkable changes, especially in the abdominal muscles. “Understanding the Postpartum Core” is dedicated to unraveling these changes and emphasizing the vital role of rebuilding core strength for your overall well-being.

Exploring Postpartum Abdominal Changes

The journey of motherhood brings about significant transformations in your abdominal muscles. Pregnancy and childbirth lead to the stretching and separation of the abdominal muscles, a condition known as diastasis recti. In this chapter, we'll delve into the physiological changes, helping you gain insights into your postpartum body.



The Importance of Rebuilding Core Strength

Rebuilding your core strength is not just about achieving a toned appearance; it is integral to your overall well-being. Your core muscles play a crucial role in providing stability, supporting your spine, and facilitating daily movements. As a new mom, investing time and effort in rebuilding your core strength sets the foundation for a healthier, more active lifestyle.

Navigating the Postpartum Landscape

This chapter will guide you through exercises and techniques tailored to gently engage and strengthen your abdominal muscles. We'll explore the significance of incorporating breathwork into your core exercises, emphasizing the synergy between breath and core engagement.

Holistic Approach to Well-being

Understanding your postpartum core is not only about physical strength but also about holistic well-being. By rebuilding your core, you're not only regaining physical stability but also enhancing your confidence and energy levels. This sets the stage for a more comfortable and enjoyable postpartum experience.

As you dive into “Understanding the Postpartum Core,” embrace the knowledge of your body's changes and the empowerment that comes with rebuilding your core strength. Let this be a foundational step in your journey towards a stronger, more resilient self.

C H A P T E R

03

FOUNDATIONS OF BREATH AND CORE CONNECTION

Welcome to “Core Connection,” where we explore the foundational principles of integrating breath and core engagement for a harmonious and powerful union. In this chapter, we lay the groundwork by introducing the basics of diaphragmatic breathing and understanding the profound synergy between breath and core muscles.

C H A P T E R

04

BREATH-CENTRIC CORE EXERCISES

In this empowering chapter of “Core Connection,” we dive into the practical realm of breath-centric core exercises. Here, you’ll find step-by-step instructions for exercises designed to amplify the connection between your breath and your abdominal muscles. Let’s embark on a journey of intentional movement and discover tailored workouts to gently engage and strengthen your core.

Step-by-Step Instructions for Breath-Focused Core Exercises

Begin your exploration of breath-centric core exercises with detailed, easy-to-follow instructions. Each exercise is crafted to synchronize your breath with purposeful movements, creating a synergy that not only targets the core muscles but also cultivates mindfulness. From diaphragmatic breathing techniques to specific core exercises, you’ll find a variety of movements designed to strengthen and tone your abdominal region.

Tailored Workouts for Gentle Engagement

Recognizing the unique needs of new moms, these workouts are thoughtfully tailored to provide a gentle yet effective approach to core engagement. You’ll discover exercises that cater to various fitness levels, ensuring that you can progress at your own pace. The emphasis is on building strength gradually, allowing your postpartum body to adapt and flourish.

cultivating Mind-Body Awareness

As you engage in these breath-centric core exercises, you’ll develop a heightened sense of mind-body awareness. The intentional pairing of breath and movement fosters a deeper connection to your core muscles, promoting stability and control. Through these exercises, you’ll not only strengthen your physical core but also enhance your overall sense of well-being.



Creating a Consistent Practice

Consistency is key on your journey to a stronger core. This chapter provides guidance on incorporating breath-centric core exercises into your routine. Whether you have a few minutes or a dedicated workout session, you’ll find practical tips to make these exercises a seamless and enjoyable part of your daily life.

As you engage in the breath-centric core exercises outlined in this chapter, envision yourself building a foundation of strength and resilience. Each intentional breath and every purposeful movement brings you closer to a more empowered and vitalized version of yourself. Get ready to embrace the transformative power of breath and movement in strengthening your core.

C H A P T E R

05

PROGRESSING SAFELY THROUGH POSTPARTUM EXERCISE

In this pivotal chapter of “Core Connection,” we explore the importance of progressing safely through postpartum exercises. As a new mom, your journey toward core strength involves a thoughtful and gradual approach. Let’s delve into guidelines that ensure you can advance your exercises safely while considering the unique aspects of postpartum recovery.

Understanding Postpartum Recovery

Before embarking on a fitness journey, it’s crucial to understand the intricacies of postpartum recovery. This chapter provides insights into the natural healing process your body undergoes after childbirth. By recognizing the changes in your body, you’ll gain a foundation for progressing through exercises with sensitivity and awareness.



Gradual Intensity Increase

Building on the foundations laid in earlier chapters, we discuss the importance of gradual intensity increase. Whether you’re recovering from a cesarean section or a vaginal birth, adjusting the intensity of your exercises according to your comfort level is key. This chapter offers a progressive roadmap, ensuring that your core strength journey aligns with your postpartum recovery timeline.

Incorporating Breath Awareness

As you progress through postpartum exercises, maintaining a strong connection between breath and movement remains paramount. We explore how intentional breathing continues to play a pivotal role in guiding your exercises. By harmonizing your breath with increasing exercise intensity, you’ll cultivate a mindful approach to your physical well-being.

Tailoring Exercises to Your Unique Journey

Recognizing that every postpartum journey is unique, this chapter provides guidance on tailoring exercises to your specific needs and challenges. Whether you’re navigating diastasis recti or pelvic floor concerns, you’ll find practical advice on adapting exercises to accommodate and support your individual recovery process.

You can buy the 12 week “Busy mum workout program” here ... a full body HIIT program for mums on the go to fit into their busy schedules while feeling safe in the knowledge that every exercise is safe for your body to heal.

C H A P T E R

06



MINDFUL MOVEMENT FOR CORE STRENGTH

In this chapter of “Core Connection,” we delve into the transformative practice of mindful movement for core strength. Discover how integrating mindfulness into core exercises creates a holistic approach, fostering a deeper connection between your breath and movements to enhance core engagement.

The Power of Mindful Movement

Mindful movement is not just about going through the motions; it's about being present in each moment of your exercise routine. This chapter introduces you to the concept of mindfulness and its profound impact on your core strength journey. By cultivating awareness in your movements, you open the door to a more profound mind-body connection.

Integrating Breath and Movement

Explore the synergy between breath and movement as you engage in core exercises. We provide practical guidance on synchronizing your breath with intentional movements, creating a harmonious flow that amplifies the effectiveness of each exercise. This integration not only enhances core engagement but also promotes a sense of calm and control.

Mindful Core Exercises

This chapter presents a variety of mindful core exercises designed to bring attention to every nuance of movement. From gentle stretches to dynamic core workouts, each exercise is an opportunity to explore the mind-body connection. Through mindful engagement, you'll not only strengthen your core muscles but also cultivate a sense of balance and presence.



Mindfulness Beyond the Mat

Extend the practice of mindfulness beyond your exercise routine. This chapter explores ways to integrate mindfulness into your daily life, transforming routine activities into opportunities for conscious movement. By infusing mindfulness into your day, you'll create a sustainable and holistic approach to core strength that extends far beyond designated workout sessions.

Embrace the transformative power of mindful movement for core strength. By integrating mindfulness into your exercises and connecting breath with movement, you're not only sculpting a stronger core but also fostering a deeper connection to your body and the present moment. Get ready to embark on a journey of mindful empowerment and holistic well-being.

Enhancing Focus and Concentration

Mindful movement encourages you to focus your attention on the present moment, fostering concentration and mental clarity. Learn techniques to quiet the mind, allowing you to fully immerse yourself in the experience of each exercise. As you enhance your focus, you'll discover a new level of connection to your body and its capabilities.



C H A P T E R

07

CORE STRENGTHENING FOR DAILY ACTIVITIES

In this chapter of “Core Connection,” we shift our focus to the practical integration of core exercises into your daily life. Discover how to seamlessly strengthen your core while caring for your baby and performing everyday routines with practical tips designed to make these exercises an inherent part of your lifestyle.

The Everyday Core Workout

Explore practical and efficient ways to infuse core exercises into your daily activities. From simple modifications to everyday tasks to targeted exercises during routine moments, this chapter guides you on how to turn your daily life into a continuous and effective core workout.

Core Engagement in Baby Care

Caring for your baby offers numerous opportunities to engage your core. Learn how to incorporate core exercises while holding, feeding, and playing with your baby. By integrating these exercises into your interactions, you not only strengthen your core but also create moments of intentional bonding with your little one.

Seated Core Strengthening

For moments when you find yourself sitting, whether during feeding sessions or while working, discover seated core exercises that discreetly engage your abdominal muscles. These exercises are designed to be seamlessly woven into your day, promoting continuous core activation without requiring dedicated workout sessions.



Efficient Standing Exercises

Explore standing core exercises that can be effortlessly integrated into activities like cooking, doing dishes, or waiting in line. By optimizing your time in an upright position, you'll build strength in your core muscles without disrupting your daily schedule.

Mindful Movement Breaks

Discover the benefits of taking mindful movement breaks throughout your day. These short, intentional breaks provide opportunities to engage in quick core exercises, fostering a consistent and sustainable approach to strengthening your core without feeling overwhelmed by time constraints.



Building a Core-Supportive Environment

Transform your living spaces into core-supportive environments. This chapter provides tips on arranging your home to encourage spontaneous moments of core engagement. By creating an environment that promotes movement, you'll naturally infuse core exercises into your daily routine.

As you embark on the journey of core strengthening for daily activities, you're not just enhancing your physical strength but also creating a lifestyle that prioritizes your well-being. Through practical tips and mindful integration, you'll discover that every moment can be an opportunity for strengthening your core and nurturing your overall health. Get ready to embrace a holistic approach to core connection in your everyday life.

C H A P T E R

08

BUILDING STABILITY FOR THE LONG TERM

In this crucial chapter of “Core Connection,” we delve into strategies for maintaining core strength as your children grow and explore how to adjust exercises to accommodate different stages of motherhood. Building stability for the long term involves adapting and evolving your core routine to meet the changing demands of motherhood.

Core Stability Through the Years

Understand the evolving needs of your core strength as your children grow. This chapter explores strategies to maintain stability during various phases, from the early stages of motherhood to the more active years of parenting. By adapting your approach, you can ensure that your core remains strong and resilient.

Incorporating Family-Friendly Workouts

Discover family-friendly workouts that allow you to engage in core exercises while spending quality time with your children. These interactive workouts not only support your core strength but also instill healthy habits in your family. From playful activities to shared exercises, make core strengthening a bonding experience for the whole family.

Adjusting Exercises for Postpartum Changes

As your body continues to evolve postpartum, learn how to adjust core exercises to accommodate changes in muscle tone, flexibility, and energy levels. This chapter provides guidance on modifying exercises to suit your unique postpartum journey, ensuring that your core routine remains supportive and effective.

Navigating the Toddler Years

The toddler stage introduces new challenges and opportunities for core engagement. Explore exercises tailored to the toddler years, where activities like bending, lifting, and playing on the floor become integral to your daily routine. Strengthen your core while actively participating in your child’s explorations





Teenagers, Teens, and Beyond

As your children enter adolescence and beyond, your role as a mom evolves. This chapter guides you through adapting core exercises to align with the changing dynamics of parenthood. From maintaining core strength during active pursuits to cultivating mindfulness during transitional phases, you'll find strategies for supporting your well-being.

Embracing a Lifelong Approach

Building stability for the long term involves adopting a lifelong approach to core strengthening. This chapter encourages you to view core exercises as a sustainable and integral part of your overall well-being. By consistently adapting your routine to align with the needs of each phase, you'll foster enduring stability and resilience.

As you navigate the different stages of motherhood, use the insights from this chapter to build a foundation of stability that evolves alongside your family. By embracing flexibility in your core routine, you're not just strengthening your body; you're cultivating a lasting commitment to your health and well-being.

C H A P T E R

09

FINDING COMMUNITY AND SUPPORT

In this chapter of “Breathe In, Mom,” we explore the profound importance of finding community and support on your journey through motherhood. Discover how sharing experiences with other new moms and building a supportive community can enhance your well-being and create a space that embraces self-care.

The Power of Shared Experiences

Connecting with other new moms who share similar experiences can be immensely reassuring and uplifting. This chapter emphasizes the significance of opening up about your journey, discussing challenges, and celebrating triumphs with a community that understands the unique demands of motherhood. Shared experiences create bonds that foster understanding and empathy.

Building a Supportive Community

Explore the benefits of building a supportive community that prioritizes self-care and overall well-being. This chapter provides insights into creating and nurturing connections with other moms who share your values and goals. A supportive community becomes a space where you can freely exchange advice, seek guidance, and find encouragement in both the triumphs and challenges of motherhood.

Embracing Self-Care Together

Self-care becomes more meaningful and sustainable when shared within a community. Discover how engaging in self-care practices collectively can strengthen the bonds of your community. From group exercises to mindfulness sessions, this chapter offers ideas on how to create a supportive environment that encourages everyone to prioritize their well-being.



Virtual Communities and Social Networks

In today's interconnected world, online communities play a significant role in connecting new moms. Explore the benefits of virtual communities and social networks where you can share experiences, seek advice, and provide support. Learn how these digital spaces can complement in-person connections, offering a diverse and accessible support network.

Organizing Mom Support Groups

Consider the formation of local mom support groups or joining existing ones. This chapter provides practical tips on organizing gatherings, playdates, or support sessions. By coming together regularly, you can create a sense of belonging, foster lasting friendships, and share the joys and challenges of motherhood in a supportive environment.



Balancing Independence and Community

While community support is invaluable, it's also crucial to balance independence. This chapter explores the importance of maintaining a sense of individuality while actively participating in a supportive community. Striking this balance ensures that you can contribute to and benefit from the collective strength of your mom community.

As you navigate the intricate path of motherhood, finding community and support becomes a cornerstone of your well-being. This chapter encourages you to reach out, connect, and build a network of like-minded individuals who understand the beauty and complexities of being a new mom. Together, you'll form a supportive community that not only embraces self-care but also empowers each member to thrive on their unique journey.

C H A P T E R

10

BALANCING SELF-CARE AND MOTHERHOOD

In the final chapter of “Breathe In, Mom,” we delve into the essential art of balancing self-care and motherhood. Discover the significance of prioritizing self-care for new moms and explore strategies for developing a sustainable routine that seamlessly integrates breathwork and core exercises into your daily life.

The Crucial Role of Self-Care

Emphasizing the importance of self-care is not a luxury but a necessity for new moms. This chapter begins by acknowledging that taking care of yourself is not only beneficial for your well-being but also vital for your ability to nurture and care for your family. By understanding the transformative impact of self-care, you're better equipped to navigate the demands of motherhood.

Creating a Sustainable Routine

Developing a sustainable routine is the key to consistently incorporating self-care practices into your busy life. Explore strategies for crafting a routine that aligns with your lifestyle, considering the unique challenges and joys of being a new mom. This chapter provides practical tips for weaving breathwork and core exercises into your daily schedule without feeling overwhelmed.

Integrating Breathwork for Daily Serenity

Discover how breathwork becomes a reliable companion in your daily self-care routine. Learn simple yet effective breathing exercises that can be seamlessly integrated into your morning, daytime, and bedtime rituals. By cultivating moments of serenity through intentional breathwork, you'll enhance your emotional well-being and resilience.

Core Exercises as a Form of Self-Love

Explore how core exercises can be a powerful expression of self-love. This chapter provides guidance on tailoring core workouts to suit your energy levels and time constraints. By approaching core exercises with a mindset of self-nurturing, you'll transform these sessions into moments of self-care that contribute to your overall strength and vitality.





Prioritizing Moments of Mindfulness

Mindfulness becomes a cornerstone of your self-care routine. This chapter encourages you to infuse moments of mindfulness throughout your day, enhancing your ability to be present and fully engaged in both self-care practices and your interactions with your baby. By cultivating a mindful approach, you'll amplify the benefits of your self-care routine.

Nurturing Your Whole Self

As you balance self-care and motherhood, remember that caring for yourself extends beyond breathwork and core exercises. This chapter explores holistic self-care practices that nourish your mind, body, and spirit. By embracing a comprehensive approach to self-nurturing, you'll foster a resilient and balanced sense of well-being.

You can use the breathing techniques you have learned in this ebook in your every day life and into your exercise. Here is a 12 week "restore you core" program designed to repair and strength your deep core after pregnancy and beyond. A safe way to start exercising after giving birth or alongside our 12 week ""busy mum"" workout program.

In concluding "Breathe In, Mom," reflect on the journey you've undertaken. Balancing self-care and motherhood is an ongoing process of self-discovery and nurturing. By prioritizing your well-being through intentional breathwork, core exercises, and holistic self-care practices, you're not only enhancing your own life but creating a foundation of strength and serenity for your journey as a new mom. May this final chapter inspire you to continue embracing self-care as an essential aspect of your motherhood experience.

Conclusion:

- Reflecting on the journey of incorporating breathwork into motherhood.
- Encouraging moms to prioritize self-care for a healthier and happier parenting experience.