

The Holding Pattern

YOUR BODY

The pelvic floor contracts under threat and holds under chronic stress. Your hip flexors, adductors and hamstrings all attach around the pelvis — a held pelvic floor changes tension through all of them.

YOUR PATTERN

Taurus holds because holding feels safe. Releasing feels like losing. You may have learned that rest was unearned and that letting go meant something would fall apart.

YOUR PRACTICE

- 01 Supported Butterfly — blocks under knees, 1 minute, just breathe.
- 02 Exhale Drop — breathe in fully, exhale completely, then drop the pelvic floor. 5x.
- 03 Half Split with exhale — let the breath carry you forward.

YOUR QUESTION

What would you allow yourself to have, if you trusted it was safe to receive?