

"Try our THREE step process - RESET, RESTORE, RETURN - to support your pelvic floor and whole body health: with 3 FREE Classes:

We start by helping you **RESET** your dysfunctional PF with a release and awareness class. In this class you will learn how to let a too tight pelvic floor lengthen and let go as well as start to learn how to really feel the muscles, turning a light on in a dark region for so many of us.

#### [IN THIS CLASS](#) (RESET)

Then We **RESTORE**. The breath actually does the work of coordinating and moving the pelvic floor, giving it its base level of strength, if you don't have that going for you, you will not have success in strength.

#### [IN THIS CLASS](#) (RESTORE)

With these foundations established, we can progress to more functional PF strength and coordination in our **RETURN** class. This class builds on what we already did, puts it all together and puts you in charge of your pelvic floor function long term.

#### [IN THIS CLASS](#) (RETURN)

- + Exclusively for Big Time Adulting newsletter subscribers, use code **PF2Months** for 2 free months of all access to Threes online studio featuring over 300 videos that focus on mobility, strength, breath work and more! Bonus points - you also get access to Threes 11 class pelvic floor recovery program