**Painless Pregnancy and Easy Birth & Beyond contents and set up**

**PRE COURSE - AT HOME**

**Self Care 3 package courses** are downloaded as is the **WDCD bundle.**  
Copy of (eFormat) WDCD manual and the MP4's - Massage and Birthing - WDCD

Other resources as 'Relieving Pain in Pregnancy' and 'Easy Birth Prep' and other eBooks needed after the hands-on weekend together.

**Actual course - setting it up**

**Hands on**I give out hand outs in a folder  - not to be looked at but they can see that we have 'notes' so they walk off with something

2 days - 10am  - 5pm

Is better as a longer time - what you suggest we will go with.

*Settling in .* .  
They all sit around (in a circle) and say why they are here - after setting an intention after I have opened the group in a circle, with Aura Soma and getting me to connect with their soul and earth stars - no that I start it as obviously - but with breathing and the rest of the work happens.

Then after their intentions - I say what we are covering - then cover it.

HOWEVER - things always come up. (See later)

CONTENT

**I have the 6 basic moves to cover**

1 - **Chest** - across the chest to free up breath

2 - **Belly** - initial free lymph

3 - **Diaphragm** (under ribs drainage)

**Wake ups . . .** Ideally bash bash bash at some point on lateral legs and bum .

4 - **Belly integrity** - esp diastasis/lower work  
5 - **Sacrum**  
6 - **Entire being integration**

These get broken down - as some are from after WDCD as the heaters is the sensible way to do this and we end up with the sacral area - the open pelvis is only going to happen if the body lets us.

So we start unobtrusively and wend our way in ..

**On ourself 1st . .**

1 - **Open chest** "SLQR

2 - **Round and round**

2 (a) - (then smaller one above belly button

Need to talk of Reichian armour bands and how this is set up and what to do - GENTLY and why as these are triggers.

Iona MarshaTeegardens' book *The Joy of Feeling*.  
[https://www.amazon.com/Joy-Feeling-Bodymind-Acupressure-Shin/dp/0870406345](https://www.amazon.com/Joy-Feeling-Bodymind-Acupressure-Shin/dp/0870406345" \t "_blank)

She has a new one out on acupressure . . .

(Gentle start on sacrum so we have an awareness of what may come up - of using moxa is then the time - I did not.

That sets the scene for following day and the real sacral work - send them home with moxa stick to trial out at home at this point.

3 - **Upper diagram** (under ribs)

4 - **Lateral chest** - with them sitting

5  **- Diastasis** - and bring in all about Yang Qi holding functions - the connective tissue not happy - we can find it and offer solutions and also repair . .

Gently and over time.

**Ideally we move through all of this to start the next day.**

Review above  
And sharings about what happened.  
Ideally moxa maybe here.

To get to birthing we need all that clear first - and we start with an intro to the sacrum first session - and now we are in it . .

6 - **Gentle beginnings as rolfing moves to open the sacrum**/GV going upwards - see what was done on Victoria. (will provide footage as part of the LL I Post course work)

We can get in late deeper. Includes opening /**warming the sacral chakra** and going around in small circles. And palmar brush-offs

7 - **More into the junction of bone to attachments** - off the edges of the sacrum.

8 - Return to **deeper sacral moves**. Also the beginnings of the Gb 30 wake ups.

9 - Seated leaning forwards we then 'attack' as per WDCD **sacral points** and

10 - Show the **Bl 35 point** and how to get the cervix/perineal area engaged.

11 - Alternative - **on hands and knees** - to open the sacral/pelvic blocks.

12  **Rebozo and Faja** wearing and how that maximise all we have done - esp no pain as pelvis is stabilised.

Cold in belly is obviously outside some scopes of practice - EXCEPT it is home remedies from around the world and in China - Dr Shen said - was what happened in family before herbs etc - of course NOT getting the cold on first . . iced water/salad before hot course . .need to re educate all about gut health - and they have done this in the SC work . .

THIS IS BASED UPON . .

They need to know why and go though the 3 heaters

This is where my posters comes in handy - and I need a white board (or 2)  and a flip chart as that was we do not lose what gems I come up with . .

Role of Yang (metabolism/homeostasis life support) and Yin Qi (structure integrity and regeneration)

**MOVES - UPPER - to allow the Qi and Blood to flow**

1 - **Open chest** - on self - all is explained as we go. And depending on audience - if not understanding basic TCM I break it all down as I do with beginning patients.

To easy and effective body functions.

2 - **SLQR** -  sharing of what has happened when they have with others as per the work they have been doing from pre course work . .

**Systems -**   
Breathing

Structure

Digestion

Excretion

Urogenital

All over release of what been stuck.

(Assumption that Jing was fine to get to here - as in structure is intact.

May be in wonky positions - that is our job - I know 'just' doing the moves in WDCD sorts it all out.

**MOVES -** **MIDDLE** - to MAKE the raw ingredients to be circulated.

And to hold all in place - the Spleen Qi . .

And moxa - real moxa - is the key - and we do that however we can - hopefully I will be in a better shape by then so can use the artery clamps and ginger mode of not so much smoke about - that happens out the window and then we use - as it has worked wonderfully for GV women before.

**MOVES -** **LOWER**

To allow the entire body to be functioning - we need to have the base (Dai Mai) and its 'driver' - the Heart - connected.

All that was stored for later has to be shifted - as different sense is made of this.

Is where an awareness of self is so vital - how much is stored - looking at anyone's story as an example.

No surprises what comes up does.

**How normal may devolve**

Tension

Temperature

Torpor

Trauma

Toxins

After the basic - how a well body works - run through production and circulation via TH.

Stuff comes up - so the up-sell is (as we are into them starting with themselves).

After the hands-on course we work through these - with a few encouraging/ nurturing email leading up to the hands on - and then they attend.

The **Self Discovery** part up when we are finished this bit.

Covers what would be Introduction to Spiritual Healing in Arvigo - and needs to be done before we do hands-on.

As always happens in class - and is why we can miss so much of the structure that I intend at the beginning - as we need to move on what is there.  
Role modelling what happens in life, on clinic and in class when you all do this.

Invariably someone does it 'for the team'

To assist this we much use grace and subtle remedies.  
See the ***Self Discovery*** pack – tools section – for more.  
At least have a lustre bowl and some Aura Soma for yourself and the Rose of Raphael or Bach or similar to have in hand.  
  
Warn all that this may happen and that it is normal. When we accept and release.

What may come up. Many people have buried this. It may be a surprise.

We speak of what holds us hostage before the class and it is thus not a surprise t the class as well. Best we liberate now than in labour ward.

Any past rape/sexual assault/violence/abuse – including medical.  
Past physical damage  
Past operations may also need clearance