

Pregnancy Back Pain Solutions

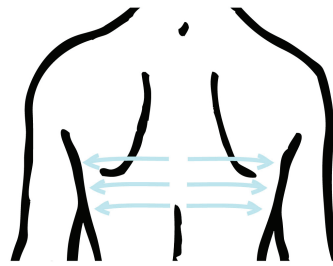
Hand moves to start gently, gradually deeper/more forceful
Moxa (step 4) to be outside totally protected from breezes using SMOKY moxa - sitting forwards.

These moves can be done in any order

The 'protocol' being: '**It Depends**'.

My suggestion is as presented, moving from the top to the bottom, starting with #1,2,3 or 4
Using **real** moxa, sitting forward as per #4 may be all you need to do. Ensure you have warm hands. working in a warm space and you & your recipient are well hydrated with tepid/warm clean water all through this process.

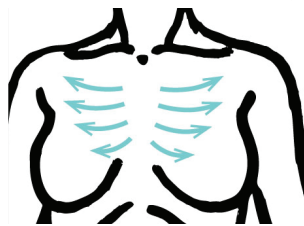
1 Stuck Liver Qi Release



Slow deliberate gentle,
Pick up and walk skin
from spine to sides.
3x each side - and
sweep off on closing.

2 Chest Gouge

Gently work 1 side at a time



Little oil between
the rib spaces
3x each side
repeat as you like

3 Round & Round



Feather touch
9x initially
Finger pads
slow gentle
always clockwise.

x1 in between each
belly/chest move .

4 Sacral Moxa Fan



OUTSIDE - Totally
protected from breezes.
Moxa upwards, never
touching skin.

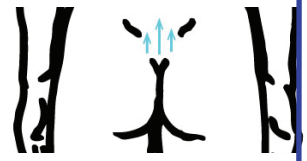
2-3 min total

SMOKY moxa
- sitting forward.

5 Sacral Wake Ups



A little oil
and sitting
forwards -
Wake up
the sacral
area -



Back moves are best after moxa
(not essential).

1-2 min total

6

Sacral Loosening

Gentlv but firmly work 1 side at a time

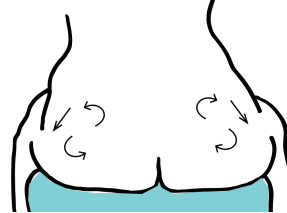


Very slow.
Only a finger width
off the bone initially.

Deep gouging

7 Bum Warm-Ups

10-15 min

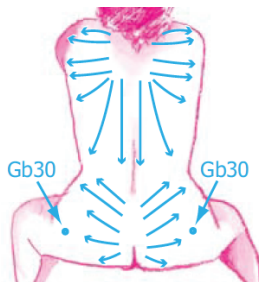


With palms,
knead to encourage
better circulation.

Gouge into the
hips eventually.

Spend most time here -
after all the warming up

8 Flick Off Directions & Hip Focus



Whenever you feel to,
please gently but
firmly flick off
what has arisen

9 Flick Off



Sweep off and flick away.

