

# Breech, OP, Lateral & Other 'Non-Optimal' Lies

To be used in conjunction with other labour sheets in this series

Baby is presenting in the most comfortable and probably safe position s/he can be in. This can change up to and during the birth process. If baby is lying in a 'non optimal' position, assume s/he is comfortable there. The idea of 'having enough room' &/or mum is 'too old' ignores the dynamic nature of her pregnant pelvis, and bub's placental positioning. If the energy (instructions) surrounding baby is distorted in some way may have diverted the flow of Qi, thus what is presently possible. Deviations from perfect may be due to one, or a combination of factors: mum's long term imbalances, either structural, or from life, incidents, or operations, or due to multiple other co-factors including: lack of appropriate nutrition.

If we return to a different 'normal', baby is likely to feel 'out of sync', and optimally attempt to self-correct. It may also help to have some inner connection with your child before beginning, explaining your respectful intentions, as s/he is a totally aware being, and can choose to co-operate.



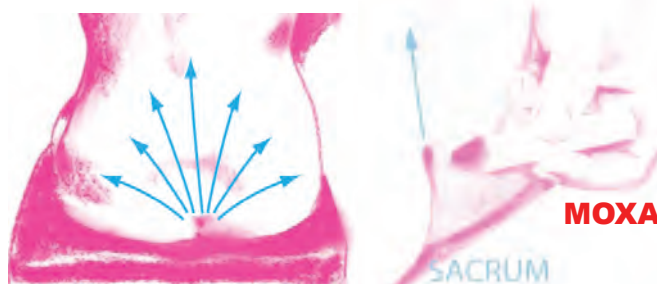
**SMOKY** moxa - sitting forwards.

## OUTSIDE -

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

**2-3 min total**

## Mum leaning forwards to allow baby to move



**MOXA**

SACRUM

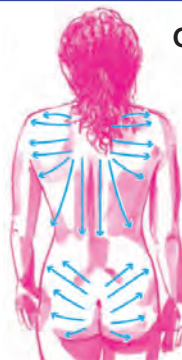
## Stuck Liver Qi Release (Ligaments - emotions - gut)



Slow deliberate gentle, Pick up and walk skin from spine to sides.

**3x** each side - and sweep off on closing.

## Gentle discharges



After each back manoeuvre sweep off and flick away.



**x3**

## Mum leaning forwards to allow baby to move



**10-15 min**

With palms, knead to encourage better circulation.

Gouge into the hips eventually.



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

**x1** in between each belly/chest move .

Spend most time here - after all the warming up

## BL 67 **MOXA**

Both feet - at the outside corner of the root of the littlest toe nail



**BL 67**



**MOXA**

**LAST RESORT - I almost NEVER need to do this**

## Breech

often turns to OP.



## OP

where baby often lodges



## OA

Ideal

