

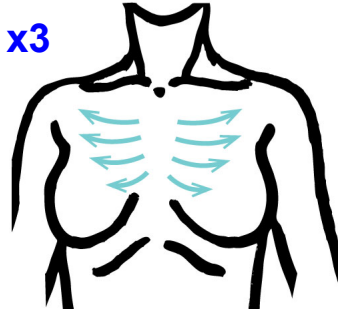
# Initial Belly Care

## Reminders:

Look at your tongue.  
Perineal pull-ups.  
Abundant body-friendly water.  
Not full or empty stomach  
(belly happy).

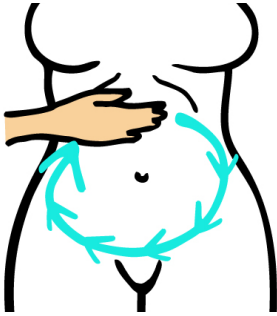
**Slow  
Gentle**

**x3**



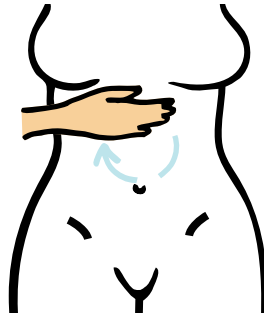
LHS First

Alternate  
sides  
3 sets



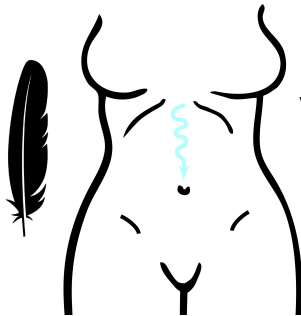
**x9**

Slowly  
around  
belly  
perimeter



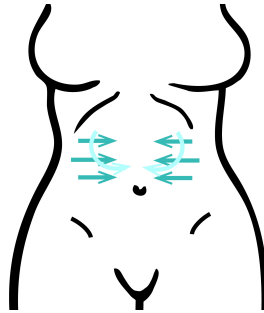
**x9**

Very  
slow,  
very  
light  
touch



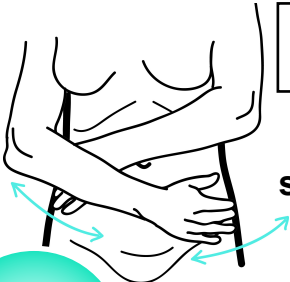
**x3**

Very light  
touch



**x3**

Squish  
together  
with  
edges of  
hands



Repeat both gently  
throughout

**5  
seconds**



In  
between  
each  
move

**1x**

