
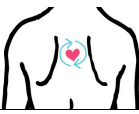
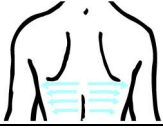



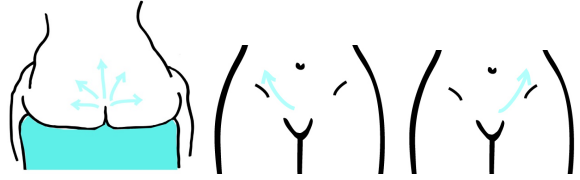
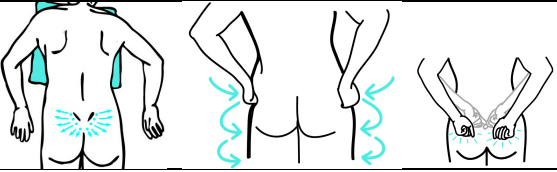


1	<i>Opening the chest</i> thus Qi and Blood flows flowing	
2	<i>Open heart space</i> Stuck Liver Qi Release	 Repeat session 
	Belly/food factory needs to Qi to move lymph for life to work well	Enhance Breathing/digestion/circulation/life
3	<i>Diastasis correction</i> Lack of Qi/connective tissue strength	
4	<i>Lymphatic drainage</i> Upper Start always shallow and slow	 Begin very shallow & slow x 3 
5	<i>Sacral moxa fan</i> Outside No breezes. Pelvic work/lymph drainage always less painful/easier after this	
	Opening/releasing stagnant Qi	
6	All sacral pummeling and opening	
WHY?	<i>Birthing</i> – mum and baby bonded	Opening naturally to love
Future	<i>Beyond</i> - parenting as a loving couple	Biological and social sustainability

Basic principles:
Concepts to review

Three circles/Systems of flow/ 5 'T's'

1 – Life needs nourishing (Yang Sheng)

2 – Nutrients and circulation – essence of life - flows

3 – Health (the ability to adapt to change (homeostasis))

4 - Pregnancy is a natural state

5 - Pain is due to lack of flow