

Self Soothing - Belly Calming

Self Checklist

Your Goals Objectives



		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Checkups - report card																
Neck movement																
Deep Breath																
Peri pullup																
Set up																
Water drunk																
Steam?	(If doing perineal steaming course)															
Moves																
Chest gouge																
Bash bash																
Behind bra strap	(Release diaphragm)															
Round and round x 9	(1 in between each move)															
Smaller R and R's x 9	Repeat round and round x1 between each move															
Jiggles a few																
Sacrum moves																
Release diaphragm - front x 3																
Release diaphragm - back again x3																
Breathing/water break																
Check/repair diastasis																
Peristalsis moves	2 lots of 6 positions x 9 circles															
Upper soothing	3 lots of 3 x 3 moves, (1 extra x 3 to navel).															
Lower soothing	3 lots of 3 x 3 moves, (1 extra x 3 to hipline)															
Scar work																
Jiggles as needed																

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		16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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