

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

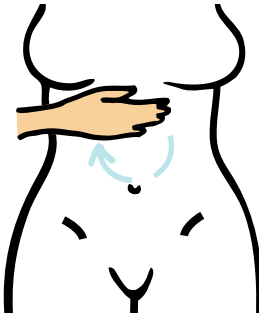
Alternate
sides
3 sets

x9



Slowly
around
belly
perimeter

x9



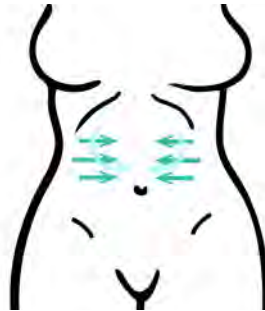
Very
slow,
very
light
touch

x3



Very light
touch

x3



Squish
together
with
edges of
hands

Repeat both gently
throughout

5

seconds



In
between
each
move

1x

