

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



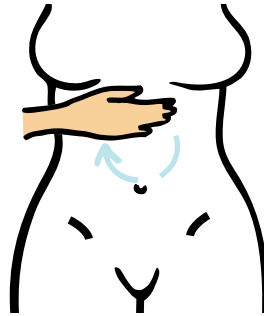
LHS First

Alternate
sides
3 sets



x9

Slowly
around
belly
perimeter



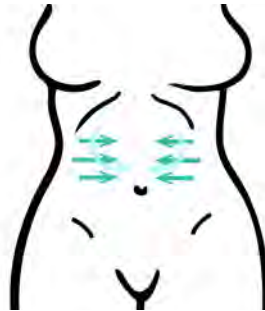
x9

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

