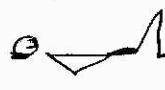
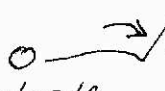
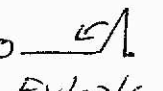



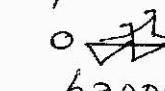


# Belly, Belly, Belly 36 mins + rest afterwards





- ~ An intro to ways to be with the belly & find her softness, true strength & wisdom
- ~ Each part of this audio could be a practice in itself - so feel free to do only one part & then explore/repeat/play on your own
- ~ For menses or pregnancy\* - just the first 16 mins
- ~ Watch transitions & the tendency to use back muscles when belly is not "available"
- ~ Remember patience is the key - Just being in belly will eventually open up this shadisthana treasure trove just being there!


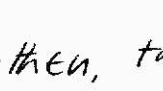
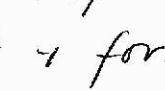
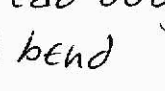
\* after 4 months, avoid lying on back for long

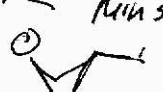
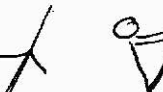

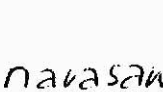


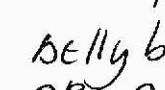
**RESTING & BEFRIENDING**  - Befriending whatever's here  
 - Breathing softness, letting go cultural myths, projections etc

**CIRCLES** Min. 10  Inhale  Exhale - If co-ordinating breath, doesn't work for you, cultivate a few breaths in each.

**STARFISH - EXTENSION** Min 16.30  Clockface  happy baby - ra-ha-roar!  
 & TWIST  twist  + diagonal

**ACTIVATING - FIERY!** Min. 23  curl up  bread dough  twist  rest

**FLUID** Min 31.30  lengthen, twist & forward (or back) bend  navasana  release  relax & engage

**AFTER AUDIO RESTING**  dog  up dog  child's  jiggle  "dump truck"  belly bolster OR  + Supta Bad OR Further Practice!