

# She Births® Qi Gong Self Massage for Fertility

Please be advised by your health practitioner always before beginning. She Births® takes no responsibility for any injury from these instructions and their implementation by individuals.

This self-massage can be practiced daily for about 10-15 minutes in total while preparing to conceive and before implantation. During ovarian stimulation (IVF process) only practice if it feels comfortable for you. After implantation or conception please stop the practice. This is a great sequence to take in the morning after a warm lemon water.



## **Conception Vessel 6 and 10 – opening and regulating**

Find these points about 4 fingers width above and below the navel you.

Then use all four fingers or the palm or heel of your hands to massage them.

**Massage by circling approx. 10 times in each direction.**



## **Conception Vessel 3 – harmonizing and increasing sexual receptivity**

This point is just above the middle of the pubic bone.

After massaging the 5 key areas to open the conception channels, remove stagnation and sexual enhancement use the whole of your hands – one on top of the other to massage your whole belly around in a clockwise circle.

**Massage by circling approx. 10 times in each direction.**



## **Oketsu Point – supports the liver and removes blood stagnation. Creates warmth and movement.**

Find these points about midway between the navel and the hip bone.

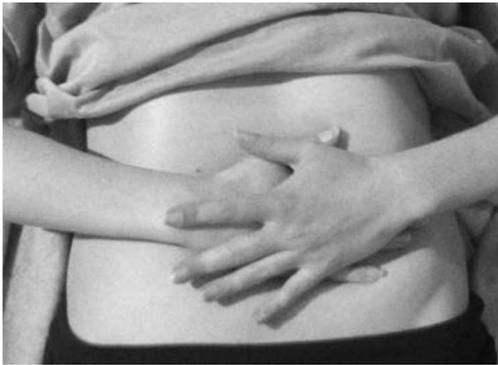
**Massage by circling approx. 10 times in each direction.**

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**Brush under the ribs with your fingers and hands.**

Balancing for the liver, kidneys and spleen and awakens the diaphragm muscle and bottom of the lungs for releasing grief and oxygenation of the whole body. **10 times**



## **Belly Circles**

Place one hand on top of the other to massage your whole belly around in a clockwise circle.

Start from the navel and keep going around as slowly make the circles bigger and bigger....and then come in smaller till you are near the navel and then bigger circles again and so on . **10 times**



## **Pelvic Rocking**

Place one hand on top of the other and rest forehead onto the hands. Lengthen your body and have feet about hip width apart. Begin wagging your tail!

Rock pelvis side to side and keep lengthening the spine and relaxing your back. Keep sinking into the floor and let the breasts and knees also be massaged. Every now and then if you need to you can pause and breath deeply, sinking down and relaxing even more. **About 5 minutes.**

# She Births® Qi Gong Self Massage for Hormonal Balance & Strengthening

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These massage points can be touched all throughout our menstrual cycle, after ovulation stimulation and after conception or implantation.



## **Thyroid Mu – Hormonal Regulation and balancing kidneys**

The points are at the start of the clavicle. Just between the collarbone and the first rib.

They may be a little tender. Just hold gentle pressure onto the points for approx. 30 seconds. while breathing consciously.



## **Heart Mu – Thymus/Hormonal Regulation and strengthening of spirit. Very calming and nourishing.**

This point is between the nipples and around the middle of the sternum.

It may be a little tender. Just hold gentle pressure onto the point for approx. 30 seconds. while breathing consciously.

You could also place an eye pillow or a stone/crystal onto this place in savasana/lying down.

## Pranayama: Regulated Breathing Practice

If you feel any tension in the eyes, forehead or chest then stop practice and simply visualise.

Nadi Shodana (alternate nostril breathing) pranayama is the most calming of techniques for our nervous systems and is safe for all stages of the menstrual cycle and pregnancy. After yoga practice or the Qi Gong massage take a comfortable seat on a bolster or on the sofa.

Rest the left hand on the knee/thigh and bring the right hand to the nose. Place the thumb on the right nostril and the ring and little finger on the left nostril, just where the nostrils begin to flare out. Let your two other fingers rest on the forehead or third eye space.

Gently Inhale through both nostrils then close the right and exhale out through the left side.

Inhale left side. Open right, close left – Exhale right side

Inhale right Close right. Exhale left Inhale left

Continue for a couple of minutes if comfortable. Then rest the right hand down and stay present to the breath.

# Restorative Yoga for first Trimester

These poses are great to practice anytime during your cycle and in first trimester – note the modifications for some.

Although these postures may seem boring they are very revitalising, strengthening and balancing for the nervous system and emotions. Stay in each pose for approx. 2-8 minutes if you can. If you feel discomfort then gently come out.

It can be a great sequence at the end of the day before bed.



## **Supta Baddha Konasana – Reclining Cobbler Pose**

You can lie back on a bean bag or pillows at home.

You can take the pose in bed with out back support and just pillows under the knees.

In all these poses let yourself take conscious breaths. As you inhale lift and expand into the chest and the belly and exhale relax into the pose even more.



## **Adho Mukha Virasana – Supported Child's pose**

Use a few pillows under the belly and chest and expand into the front and back body as you inhale.



## **Setu Bandasana – Supported Bridge pose**

Rather than use a block it is best to relax the pelvis and hips onto a firm pillow or bolster.

This is a very calming pose that stimulates digestion and massages the inner organs.

Allow your breath to expand the belly and then relax the body and mind even more deeply with the exhale.



## **Viparita Karani – Legs up the wall**

Nice to take before sleep as it is so calming.

It is also rejuvenating and brings energy into the belly.

During periods: remove bolster and lie hips into the floor