

## Simple & relaxing (all great for doing alone)

Chair Lunge (if doing solo: position chair up against wall for stability)



Pelvic Sits (pillows help)



Side Lying (left side is best for optimal uterine blood flow)



### Butterfly (lean back and forth)



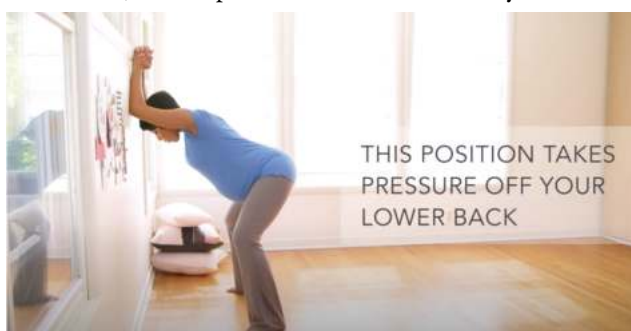
### Hands and Knees (rock back and forth, or forward and backward)



### (arch back in both ways as needed)



### Wall Lean (releases pressure in lower back, easy to rock side to side)



## Positions with tools or a partner

Wall Squat (can relax back muscles and helps open pelvis when knees are wide)



Sacrum Roll (releases pressure in lower back)



Hanging Kneel (opens pelvis)



Slow Dance (great for tender or difficult moments)





Circles or Figure Eights (great for rocking, getting into a rhythm)



Bed Lays w/ Birth Ball



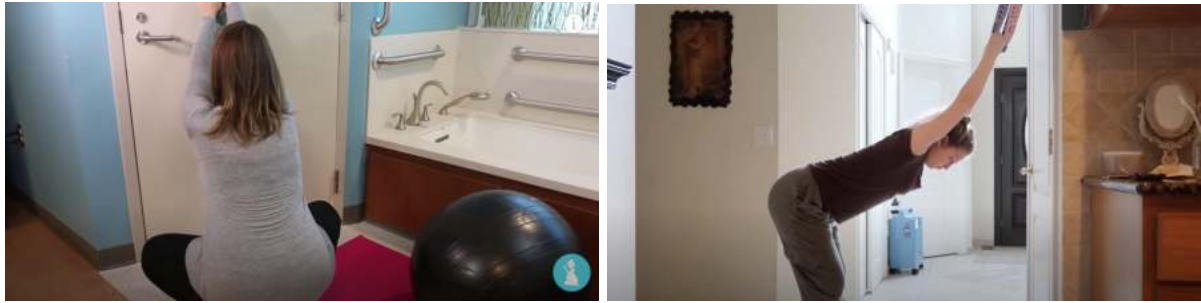
Peanut Balls (great for naps - swap laying on either side)



Frog-Legging



Door Hang (low squat or 90deg hang)



Sit and Pull (lower back relief)



90deg Hang



Double Hip Squeeze (great counterpressure)

