

Abdominal-Womb Massage

This abdominal-womb self massage routine I teach in the video is a combination of techniques that were taught to me as well as ones that I've developed and worked with intuitively in my years as a bodyworker.

This massage increases blood flow and circulation, as well as lymph and energy flow, among all your abdominal and pelvic organs. It is also meant to cultivate self-love and awareness, and help ground you deeper into your body and core.

Do this everyday when you're not bleeding (during those times, you can skip this routine and enjoy a heating pad-womb connection meditation instead). One other caution is if you have an IUD, to go very, very gently in those lower strokes over your uterine area, or omit entirely, opting for warm hands and energy work instead.

This massage is also meant to be done quite deeply, and very slowly and intentionally. There is no structure you can hurt while doing this massage, so don't be afraid to go deeply. It is also important to go slowly and intentionally, and have soft, relaxed hands. Continually remind yourself to relax your hands if you are tensing them.

Before You Begin:

- Make sure to empty your bladder first
- Remember to go slow, intentional, deep, and keep soft, relaxed hands
- Do these exercises with your knees bent and feet flat on the ground or bed, or with knees under a bolster/set of pillows. If you have a prolapse, elevate your hips with a pillow.
- Start with both hands on your belly and/or womb area, breathing love and compassion into the area for a few minutes. If you like, you can do this with a heating pad over the area.
- This is an exercise of self-love and self-care. There is no goal. Stay with and breathe through any sensations, not trying to "get rid of" anything, just sitting and noticing everything you're feeling.

Enjoy the video! Feel free to follow along at first, then when you feel you've internalized the routine, you can do it intuitively by adding in other moves that feel good.