

Age Less Move More

Lower Belly Release Movement Sheet



Wind-releasing pose

Lie on your back and take your knees to your chest. Hang on the the back of your right knee and exhale straighten your left leg keeping your left foot off the floor. Exhale and bring your forehead to or toward your right knee.

Breathe deeply into your lower belly feeling the bottom of your body, the perineum expand out and exhale feel your perineum come in toward your body. Keep breathing in and out of your lower belly as you hold.

Come out and draw both knees to your chest and rest.

Hang on the the back of your left knee and exhale straighten your right leg keeping your right foot off the floor. Exhale and bring your forehead to or toward your left knee.

Breathe deeply into your lower belly feeling the bottom of your body, the perineum expand out and exhale feel your perineum come in toward your body. Keep breathing in and out of your lower belly as you hold.

Come out, hug your knees to your chest and feel the energy flowing in your lower belly. This pose is meant to release the gas in your lower belly so you may release some while doing this pose or shortly thereafter.



Squat Pose

From Standing, with your feet inner hip width apart, press into the outer edges of your heels. Take your tail down, ribs in and down and roll your inner arms out. Your head and neck rests loose and free at the top of your spine.

Bend your knees slowly and lower your bottom toward the earth keeping your ribs in and down. Only go as far as you can without your knees hurting. Hold your edge. Bring your hands into a prayer position. Hold and breathe.