

LESSON 6

EASE YOUR PAIN...

FOR NOW

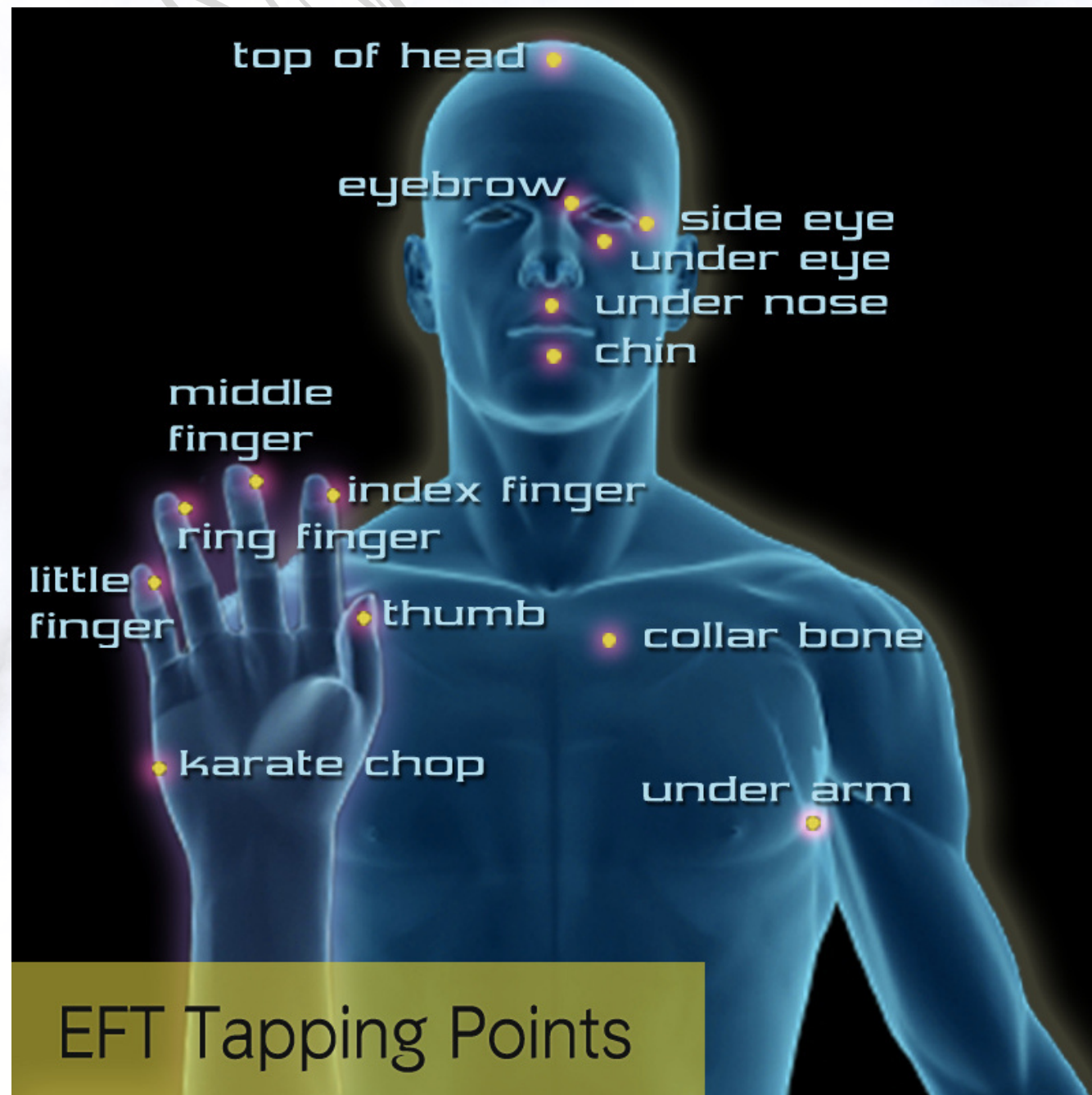
5 MINS OF LOWER BACK EASING EXERCISES

PELVIC TILTS

WALL SITS

CROSS LEG ROLL DOWN

DONKEY KICK



Add a subheading

If you learn these points and get used to using them whilst focusing on 'even breathing' Then, you will be raring to go for Module 2.

on the side of your hand acknowledge the pain. and accept yourself with the pain saying this or something like it

Even though I am feeling _____ I fully accept myself anyway

tap through the points visualising the pain colour, shape, density, emotion, and then allow yourself to release some of it...

we shall do deeper work in the next Module

NOTES AND DOODLES PAGE

