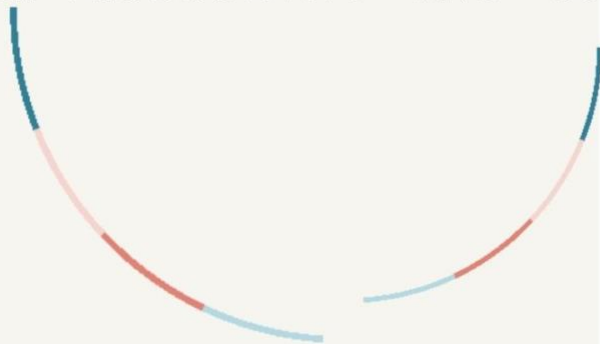


POWERFUL POSTPARTUM

MANY NEW MOTHERS
STRUGGLE TO MAINTAIN
INNER BALANCE

WITH THE FULL PLATE OF
MOTHERHOOD WE OFTEN
SWING BETWEEN

OVER-PRODUCTIVITY AND BURNOUT



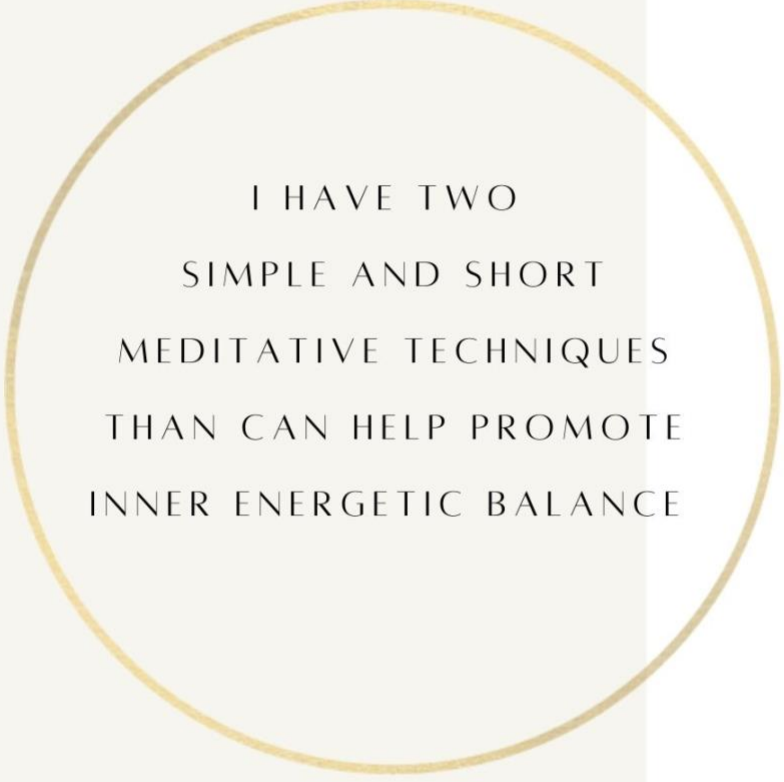
POWERFUL POSTPARTUM

WITH ALL THAT NEEDS TO BE DONE,
WE POWER THROUGH AS LONG AS WE
CAN

AND

EVENTUALLY FIND OURSELVES
EXHAUSTED, UNMOTIVATED, LETHARGIC





I HAVE TWO
SIMPLE AND SHORT
MEDITATIVE TECHNIQUES
THAN CAN HELP PROMOTE
INNER ENERGETIC BALANCE



EACH TAKES LESS THAN
TWO MINUTES

POSTURE

SIT STRAIGHT WITH FEET APART
TOUCHING THE FLOOR

HANDS APART ON LAP OR KNEES

TOUCH INDEX AND MIDDLE FINGER
TO THUMBS

PRACTICE

WHEN RELAXED, INHALE

HOLD THE BREATH WHILE COUNTING
TO SEVEN

EXHALE

WHEN READY REPEAT FOR A TOTAL
OF SEVEN ROUNDS

DOSAGE

CHANGE POSITIONS AND FORGET THE
PRACTICE

REPEAT EVERY FEW HOURS IF NEEDED

POWERFUL POSTPARTUM

WHEN FEELING BURNOUT

POSTURE

SIT STRAIGHT WITH FEET TOGETHER
TOUCHING THE FLOOR

HANDS TOGETHER AT CHEST

PRACTICE

WHEN RELAXED, TAKE A DEEP
BREATH

EXHALE FULLY AND HOLD THE
BREATH OUT WHILE COUNTING TO
SEVEN

REST AND BREATHE NORMALLY

WHEN READY REPEAT FOR A TOTAL
OF SEVEN ROUNDS

DOSAGE

CHANGE POSITIONS AND FORGET THE
PRACTICE

REPEAT EVERY FEW HOURS IF NEEDED

WHEN FEELING OVER-PRODUCTIVE

POWERFUL POSTPARTUM