

# NATURAL MOVEMENT



Our bodies are well designed to support pregnancy and childbirth, but our environment and lifestyle are not! Natural Movement is the concept of getting the pelvis aligned to its natural design through stretching and exercise.



## THIS MODERN LIFE

Our bodies were not designed to be sedentary, with much of the day spent sitting in various furnitures. Because most of us spend several hours per day in a chair or couch, our pelvises have gradually narrowed. Exercises that mimic the natural lifestyle can widen the pelvis and create space for birth!

## EXERCISE GOALS

- Strengthen the leg muscles
- Movable sacrum (base of lumbar spine)
- Strong transverse abdominal muscles (cumberbun) of the torso
- Reduce muscle tension
- Improve pelvic stability - proper support allows for ideal space creation



## PRACTICES IN PREGNANCY

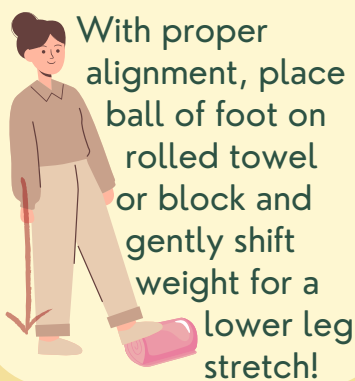
Walking and squatting with proper posture  
Feet should face forward and parallel with shins vertical and perpindicular to ground - walk a lot and squat when using the toilet!

Practice proper alignment while sitting & standing

Untuck your pelvis - hips over heels and feet hip distance apart, toes forward, drop your rib cage - try on an exercise ball, knees level with hips!

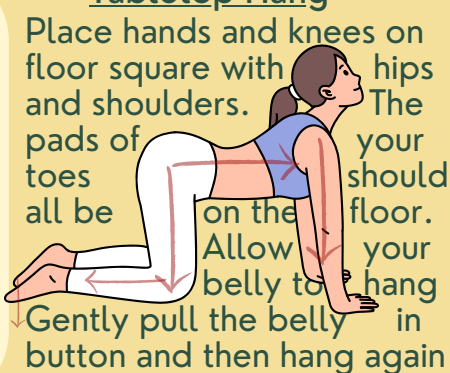
In your bedtime routine!  
Lay on your back, with the upper shoulder blades and neck supported. Breathe through an expanding ribcage

### Calf stretch



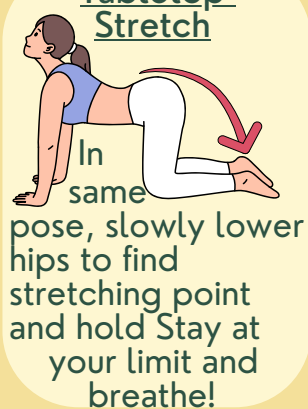
With proper alignment, place ball of foot on rolled towel or block and gently shift weight for a lower leg stretch!

### Tabletop Hang



Place hands and knees on floor square with hips and shoulders. The pads of your toes all be on the floor. Allow your belly to hang. Gently pull the belly in button and then hang again

### Tabletop Stretch



In same pose, slowly lower hips to find stretching point and hold Stay at your limit and breathe!

## MILES CIRCUIT MAGIC!

Its not really magic, but it sometimes feels like it with how well aligns baby, uterus, and joints/ligaments! This 3 step circuit can be done starting at 37 weeks and throughout labor, as needed. Do each step for 30 minutes and use pillows if needed!



Lay on floor with knees wide & chest on floor. Hips and torso should be more than 90 degrees

1- Open Knee/Chest



Roll on left side, keeping bottom leg straight, bring right leg comfortably. Support with pillows.

2- Exaggerated Side Lie



Go for a walk with 1 foot on curb and other on street. Joints of higher leg should be at 90 degrees.

3 - Curb/Stair Walk

More info at : [milescircuit.com](http://milescircuit.com)