

Birthing Ball Mindful Movement

As you sit and sway, count down, 321, relax, relax relax, each movement you make taking your body deeper into comfort. Aware of the contact of your feet on the ground, the weight of your body as you rock gently on the ball, back and forth, side to side, each movement bringing your attention to the rhythm of your body. The movement of your knees as you rock, your hips as they move from side to side in a gentle soothing rhythm, aware of sounds momentarily then letting them go. They are of no consequence to you, they remind you to draw focus into your body.

In this moment, you are at one with your body, bringing attention to your movement, your jaw relaxed, your shoulders relaxed, and your arms heavy and relaxed as they rest comfortably on your knees, your breath moving through your body in time with your movement, the rhythm of your body, the sound of your breath, the sway of your hips, your feet touching the ground as you rock gently on your ball, back and forth, side to side.

Each tiny movement or sensations relaxing you more deeply, bringing you more into yourself, bringing your attention into your body, your movement, your breath in each moment, being present, in each moment choosing to be relaxed and trusting that the movements your body is making internally are as natural and as the movements your body is making externally.

