

## The First 6 Weeks: Gentle Healing Movements

During these first few weeks, rest is your priority—but gentle movements can also aid in recovery:

- **Deep Belly Breathing:**



- Helps re-engage your core muscles and reduce tension.
- **How to:** Sit comfortably, place your hand on your belly, and take slow, deep breaths, feeling your belly rise and fall. Repeat 5-10 times.

- **Pelvic Tilts:**



- Relieves lower back tension and begins to strengthen the core.
- **How to:** Lie on your back with knees bent, gently tilt your pelvis upwards, and hold for 3-5 seconds.

- **Gentle Walking:**



- Boosts circulation and mood. Start with short, 5-10 minute walks.