

Abdominal Massage

This is an effective and accessible practice to help your digestive system. This practice also pairs perfectly immediately after the [wind relieving pose](#).

This practice actually includes the stimulation of acupressure points and can be delivered by yourself or another person. This can help to relax you (and your muscles) and activate the large intestine. In general, you can massage your belly in any motion or pattern you wish. You may want to set aside 10-20 minutes to complete the massage activity. However, using circular motions may better relieve constipation.

Here's what to do:

- Lie down on your back with knees bent and your feet on the floor. This activity is best done with the eyes closed for tuning into to your body. Your intestines are located between the hip bones in the lower abdomen.
- Think of your abdomen as a clock face about the size of your hand, with your belly button at 12 O'Clock. Start at this 12 O'Clock spot and use your fingertips to gently press into the abdominal area in a circular motion for 5-10 seconds at each "number" on the clock face until you complete the circle.
- Breathe deeply and slowly as you move around the belly area in this clockwise rotation, pressing a little more firmly the second or third time around. Repeat the circular massage movement for 10 minutes or so, taking a break as needed for rest or to go to the bathroom.
- Finish by gently dropping your arms by your sides and continue to breathe in a relaxed and comfortable manner. You may want to offer yourself a healing affirmation such as "My stomach and intestines are in balance and ready to support a health digestive process."