

Movements that Heal

Hocking in Australia teaches Pre-birth movements in her workshops. I also teach these movements.

The following are the leg movements that I find are a good place to start with many children.

Things to keep in mind when doing Pre-birth movements

- Do the movement one to three times only
- For many children you can only do them once every second or third day in the beginning
- Can be done individually or as a set
- Do as slowly as possible

1. Leg Swings



Feet are flat on the floor, slowly swing the knees down towards the floor, bring them back up to the middle, and then move them to the other side.

2. Side to Side Legs



Legs are straight. Slide one foot up the opposite leg to the knee, then straighten. Repeat with the other leg

3. Frog Legs



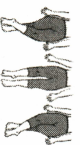
Start with legs straight. Join soles of feet and slide up then straighten legs.

4. Knees towards Chest



Start with legs straight, lift knees towards the chest then straighten legs.

5. Cross-over legs



Start with straight legs, cross one ankle over the other, uncross, and then cross the other ankle and uncross.

