

AUGUST, 2023

# Kyndal May / Baby Bump Services is helping moms move their bodies (and their babies!)



## Announcing a New Direction

**FROM KYNDAL MAY @ BABY BUMP SERVICES**

In June of 2023, I made an announcement - I attended my last birth as a birth doula! It was a bittersweet decision - I was a birth doula for 27+ years and attended over 400 births and that experience informs who I am in a very meaningful way.

I am still teaching my Confident Birthing Childbirth class (and training birth doulas) but this move hopefully allows me to work with even **more** pregnant moms than before!

Before I became a birth doula, I practiced massage - licensed in three states from 1989 to 2018 - and before that, I studied movement. **Somatic movement education** is where my focus has been since October of 2018 when I was accepted into a 4-year somatic movement education training (think a Master's Degree in movement) from The Feldenkrais Training Academy. **I'm excited to share more about it with you!**

*Kyndal May is the Treasure Valley's first Body Ready Method Certified Active Pro (one of only 2 in Idaho) and one of less than ten Feldenkrais Somatic Movement practitioners in the state.*

**FELDENKRAIS METHOD**

**BODY READY METHOD**



# Let's Get You Ready For Birth!

**FELDENKRAIS - AWARENESS THROUGH MOVEMENT**

**FUNCTIONAL INTEGRATION BODYWORK**

**BODY READY METHOD**

Kyndal May deeply understands how to support the pregnant body to find stability, mobility and resilience. She combines 3 decades experience as a bodyworker and birth professional to support you through the changes and challenges of pregnancy, making for a more comfortable, functional pregnancy, an efficient birth and a more empowering experience overall.

- Feel more comfortable as your pregnancy progresses and enjoy your changing body.
- Improve your stability and mobility
- Create more choice so movement feels easy and less effortful. Less strain on joints and soft tissue.
- Explore new ways to move in harmony with your changing center of gravity
- Access your body's intuition and wisdom to meet birth and parenting with greater confidence.
- Feel more present and grounded as you journey towards birth and parenthood.

**Feldenkrais Somatic Practitioners commonly help pregnant people:**

- Improve their coordination, posture, mobility, breathing
- Experience profound relaxation and calm the nervous system
- Learn to move more comfortably through pregnancy and approach labor and birth with greater ease and flexibility.
- Address Pelvic Girdle Pain, Back ache, Joint pain, Rib pain Carpal Tunnel Syndrome and issues caused by Hyper-mobility



**Pregnancy is a time of dynamic change and growth. Your body is adapting beautifully to carry and nurture your growing baby.**

**Each pregnancy is unique and has a rhythm, pace and story of its own. It's the perfect time to get to know yourself and your body in new and empowering way.**

**I look forward to helping you deepen your connection with your body, your baby and yourself.**

**-Kyndal**

*"It was the most interesting thing - the day after, it felt like my pelvis was "awakened"? I don't know how else to describe it, but I would feel it moving subtly throughout the day...it was as if it was adjusting to my daily motion but without me thinking it about it. It seemed "unstuck" and freely moving!"*

*-- Olivia Edvalson, Mother of 5, Nurse Practitioner*

*Those clock movements are EVERYTHING! Still very little pain for me which is amazing given my previous pregnancies! Expectant mom, 4th pregnancy - first without pubic symphysis pain*

*This morning I noticed a significant decrease in my hip pain - the most relief I've had since giving birth. It's amazing to be able to walk without so much pain!"* Karlyn Haas, mother of 4

*"That was so restorative! My body feels so different...like I feel the weight of it again - in a good way. I feel so taken care of - like a baby. It's really healing. And it makes me realize why Max loves being rocked so much and that what I am doing for my baby is so important. Thank you so, so much for being a huge and important part of my postpartum healing journey."*

*Carrie C*