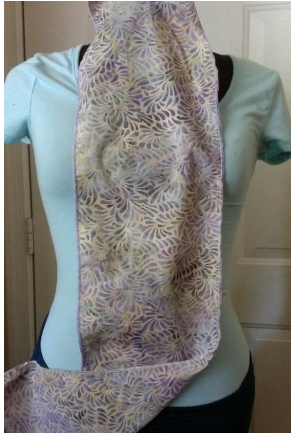
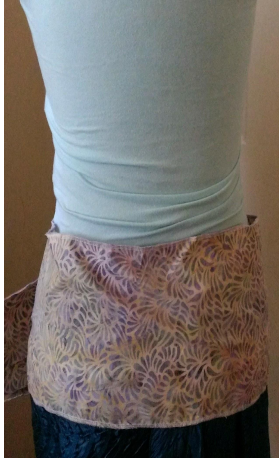


Bengkung Belly Wrapping- How to Do It!

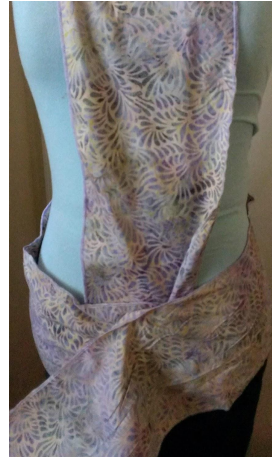
Sara Reimold www.beyondbirthsupport.com



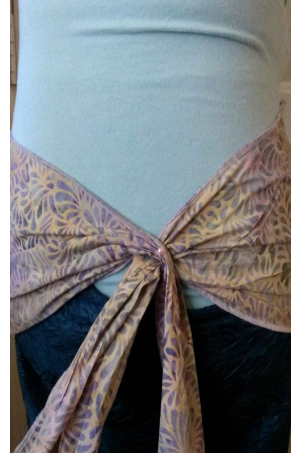
Step 1- From one end of wrap, take enough fabric to reach from pelvis to chin, and fold at the center.



Step 2-Start to wrap around the buttocks. Wrap lower than you might otherwise; it tends to ride up a bit.



Step 3 (a)- Pull the wrap around to the front and find the middle of the torso.



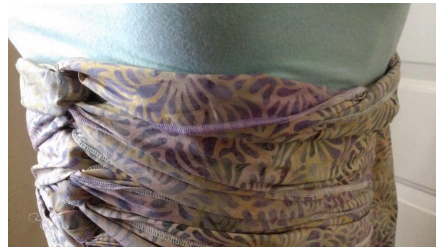
Step 3 (b)- Let the shorter piece fall, and wrap it around the longer section....



Step 4- Repeat Step 3, layering the fabric loosely, and pulling tightly in the center.



...then pull the long piece back around, going the same direction as before. **(Pull tightly as you wrap)**



Keep going! Repeat this step all of the way up to under the bust.

Finishing-Wrap the front a final time and tuck the ends in under the arm, and in the back. If there is extra length left you may cut or tuck in the excess.



FINISHED!