

## Pregnancy yoga: practice sheet number four

*NB BI = Breathe in; BO = Breathe out*

- 1) **Complete breath.** Sit comfortably. Enjoy the complete breath for a few minutes according to the practice sheet.



- Sitting movements.** Sit on a cushion and/or against a wall if you prefer. A tie/scarf would be useful for the next practice.
- 2) **Half angle pose (hamstring stretch).** Sit upright. Bend up one knee and place tie/scarf around the instep of the foot. Straighten that leg away, holding on to the tie/scarf. Bend the other knee down towards the floor. Sit tall and breathe. Release then do the other side.
  - 3) **Baddha Konasana (groin opener).** Sit upright. Bring the soles of both feet together until they are touching. Allow the knees to open out towards the floor. Keep spine long and tall. Breathe and stay a few minutes.



### Standing movements

- 4) **Basic standing posture (mountain pose).** Stand well i.e. feet spreading, knees a little bent, lower spine releasing downwards, chest open, chin neutral, breath flowing. Check the pelvis is in a neutral position (not too far forward or too far back).
- 5) **Back of the body stretch.** Stand facing a wall. Place hands on wall at hip level. Start walking backwards until heels are level with hips and you are forming a right angle. Do not arch small of back. Have a good stretch, then walk on the spot, bending one knee at a time. To come out, bend knees and walk in towards wall then gently straighten up.
- 6) **Warrior number one (using wall).** Stand facing wall. Place hands at chest height against wall. Bend forward knee so that knee is over heel. Step other leg back so when it is straight the heel is on the ground and the back of the leg is getting a good stretch. Avoid arching small of back. Take a few breaths then walk back leg in. Repeat with other leg.
- 7) **Salute to the Sun sequence.** Use the practice sheet and adapt to your own needs and energy. Add in any favourite moves too! You may wish to rest in pose of the child or any other position during and after the sequence.
- 8) **Pelvic floor exercise.** Find your favourite position e.g. bum in air, kneeling, sitting. Imagine the pelvic floor like a lift in a tall building. BI lift up, BO release back down. Then BI lift up to first floor, BO keep it lifted. BI up to second floor, BO stay there. BI up to third floor and so on. See if you can get all the way to the penthouse! BO down to the ground floor. BI (without lifting) then BO all the way down to the basement. Repeat a few times.



**Breathing and relaxation.** Lie comfortably on left hand side.

- 9) **Golden thread breath.** Use the practice sheet. Practice for a few minutes then release.
- 10) **Relaxation.** Allow your breath to be effortless and the body to become heavy. Visualise your baby inside your body: the position of your baby, all the parts of your baby's body, the way your baby can feel and hear you. Breathe away any anxieties.