

## 10 minutes for you and your baby!

### Home practice during the third trimester



#### Tadasana

*Place feet a little wider than hip width apart*

Circle hips in both directions

Roll shoulders



#### Vrksasana

*Put hands on waist if they tingle*

Place one foot on the chair. Check the chair won't slip! Repeat each side

NB. Don't do if you have pelvic pain



#### Pelvic floor exercises

*Knees are apart*

Breathing in, squeeze muscles and hold

Breathing out, release



#### Stretch hands up wall

*Keep shoulders and neck soft. Look gently down.*

*Practice golden thread breath.*



#### Seated twist

*Make sure feet comfortably reach the ground*

Turn towards back of the chair – moving hands as necessary

Repeat on the other side



#### Baddha konasana

*Sit on a block*

Bee breath (brahmari) 3 times – breathing out, humming



or



#### Relaxation in recovery pose

*Use cushions under head, belly and/or between knees*

*If that is uncomfortable, sit up with plenty of support behind your back.*

Imagine your oasis: a natural place where you can completely relax with your baby. Imagine the sounds, colours, textures, smells.