

10 minutes for relaxing and recharging!

Home practice during second trimester



Sukasana

Sit on cushion if more comfortable

Roll shoulders

Gentle twist to each side



Dandasana

Put your hands behind you for support

Point the toes and push your heels away



Upavista konasana

Sit on a cushion if more comfortable

Interlace fingers and lift hands towards ceiling

Do twice, changing grip



Majari asana

Use forearms if wrists uncomfortable

Breathing in, lift head and relax spine

Breathing out, look towards your baby and round your back



Tadasana

Place feet a little wider than hip width apart

Circle hips in both directions



Pelvic exercises

Have bottom against the wall and put hands on bent knees

1) Rock pelvis backwards & forwards (ie roll lower back to wall, then away)

2) Rock pelvis from side to side



Uttanasana

Bend knees if too tight for hamstrings

Use a chair or ledge



Relaxation in recovery position

Use cushions under head, belly and/or between knees. Breathing in, imagine energy spreading through the body. Breathing out, allow the body to soften and relax.