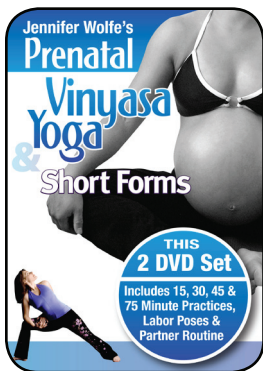


Yoga for Pregnancy by Jennifer Wolfe

Congratulations on your pregnancy!

Being pregnant is an amazing time in your life and doing yoga while pregnant can help you feel strong, healthy, and empowered as you move into the transformational experience of becoming a mother. Yoga can assist you in reducing common pregnancy aches and pains and help you build strength and stamina to prepare you for the challenges of childbirth.

The following yoga poses are a great foundation for your yoga practice. Each pose has a description of how to get into it and the benefits of the pose. Do the ones that feel good daily and build yourself up to a regular yoga practice!



We are thrilled to have the support of your doctor, and would like to offer you a special 20% discount on Prenatal Vinyasa Yoga 2DVD set. Please visit www.jenniferwolfeyoga.com/discount to order

The most important thing about any prenatal exercise is that you listen to your body and only do the poses that feel good! You should never have any pain or discomfort while doing any of the following poses so move into them slowly and pay attention to how they feel, if they don't feel good, don't do them.

Enjoy your pregnancy!

Namaste,
Jennifer Wolfe



Tree Pose

How to do it:

Start with both feet on the ground and shift your weight back and forth until you feel your weight evenly distributed between the front and back of your feet so that all 4 corners of your feet have equal weight. Shift your weight to one foot and imagine that foot is rooted into the ground from each of the four corners of your foot. When you feel rooted lift one foot to your ankle and balance. If you are comfortable there, bring the foot higher on your leg, eventually to your inner thigh. Bring the hands into prayer position and hold for 5 breaths. If you want to move further you can raise your arms over your head in prayer. Repeat on other leg.

Benefits:

- The tree pose is a balancing pose which is an excellent way for pregnant women to stay balanced in an ever changing body.
- Arms up above the head help with heartburn
- help women find their center of gravity so they feel less clumsy
- improves posture which helps alleviate back pain



Pigeon Pose

How to do it:

Start on your hands and knees. Gently slide the right knee forward between the hands and rest on your right hip. Straighten your left leg behind you. Bring your right foot towards your left hip then square both hips to the ground so that the top of your back foot and thigh are centered on the ground (all 5 toenails should be on the floor.) If you are uncomfortable, place a pillow under your right hip. Adjust your right foot so that it is in front of your belly for a deeper stretch or behind your belly for a less intense stretch. If you are comfortable there, you can rest on your elbows. Stay here 5 to 10 breaths then switch sides.

Benefits:

- One of the best poses for sciatica.
- Hip opening
- Releases tension in lower back and buttocks
- Stretches groin and psoas muscles



Cat Pose & Cat Cow

How to do it:

Start on your hands and knees making sure your hands are directly under your shoulders and your knees are directly under your hips. As you inhale look up between your eyebrows raising your head gently. As you exhale round your back bringing the chin towards your chest. Press your hands into the floor and push the center of your back up to the ceiling exaggerating the roundness of your back.

Benefits:

- One of the best poses for moving baby into a favorable position for birth or keeping baby in a favorable position
- Releases back tension
- Increases spine flexibility and strength
- One of the best poses to do daily!



Crescent Lunge

How to do it:

From the cat pose bring your thumbs together and bring your right foot to the outside of your right hand. Bring both hands to the right thigh. Curl the back toes and lift the back knee off of the ground. If you feel balanced, bring both arms up over your head.

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- Arms up above the head help with heartburn
- Help women find their center of gravity so they feel less clumsy
- Improves posture which helps alleviate back pain



Squats

How to do it:

Bring your legs apart a little more than hip width with your feet turned out slightly. Slowly bend at the knees moving into a squat position. Make sure you are comfortable with both feet flat on the ground and enough room between your legs that your belly is comfortable. Bring the hands into prayer position and elbows to the inside of your knees. If this is too intense lean your back against a wall or sofa. Practice and get comfortable with the squat, it works best in labor when you are comfortable in it. CAUTION: do not do squats when you are at risk for or are having signs of preterm labor. This position is optimal for the pushing and delivery portions of childbirth.

Benefits:

- Prepares you to be able to use the squat in childbirth
- Squatting while pushing and delivery is one of the best positions to be in because:
 - it speeds the progress of labor
 - can relieve back pain
 - pelvic opening increases by up to 30% versus lying on your back
 - can reduce pushing time



Partner Chest Heart Opening

How to do it:

Kneel on a mat with your hips on your heels. Place your interlaced fingers behind your head with your elbows out to the sides. Your partner stands behind you sideways with their leg or hip pressing forward along the spine as they reach in front of your arms and hold onto the biceps area. They gently lift the arms up and back as they stabilize your body with their leg or hip. NOTE: As with every pose, this should not hurt, it actually should feel really good especially for nursing moms.

Benefits:

- Relief from heartburn
- Takes stress and tension out of the lower back
- Opens the chest and heart space
- Relieves upper back and shoulder tension
- Improves posture
- GREAT pose for postnatal and nursing moms



Shoulder Stretch

How to do it:

Stand with your legs as wide as you can comfortably and face your partner. With your palms facing the floor and your partner's palms facing the ceiling hold firmly to each others wrists. Once you have a firm grip have your partner bring one foot in front of the other and bend their knees staying upright as you bend forward at the waist. When you feel secure, lean back away from your partner and feel the stretch in your shoulders. If you are feeling more of the stretch in the hamstrings bend your knees slightly, it is more important to feel this in your shoulders and upper back. NOTE if you don't have a partner to do this with you can hold on to the back of a sofa or heavy chair that won't move when you lean back.

Benefits:

- Stretches and lengthens upper back and shoulders
- Great to do during labor to release tight muscles and lengthen the spine in between contractions
- Supported forward bend takes the weight of the baby off the spine while lengthening and elongating it
- One of the best poses to do daily pre and post pregnancy!



Partner Triangle

How to do it:

Stand with your legs as wide as you can comfortably side by side with your partner facing opposite directions. Your right foot should be right in front of your partner's right foot. Both of you turn the right foot directly to the side while the left feet stay pointing straight ahead. Both of you bring both arms parallel to the floor then tilt at the waist reaching first for your own shin or ankle with your right arm while your left arm reaches up to the ceiling. If that is comfortable you can add a challenge by reaching behind your leg for your partner's shin as they reach for you shin. You can also reach with your top arms and gently pull your partners arm up towards the ceiling. NOTE if you don't have a partner to do this with you you can do the triangle on your own.

Benefits:

- Relieves back ache
- Helps digestion
- Relieves stress
- Strengthens the spine, calves, hamstrings, hips, and chest



Partner twists

How to do it:

Sit down cross legged knee to knee with your partner. Both of you bring your hands into prayer position and keeping the hands in front of your heart twist to the right. You should now be facing opposite directions. Both bring your right arms behind your back. Take your left hand and reach for your partner's right hand. As you inhale lengthen your spine all the way from the base of the spine to the top of the head and when you exhale gently twist, looking over your right shoulder. Repeat 3 breaths then switch sides. NOTE: Twists usually feel good but there are times when one side or both don't feel good because of the position of the baby. DO NOT do twists or any other pose, if they don't feel good.

Benefits:

- Helps maintain spinal mobility
- Relieves spinal tension
- Opens chest & heart space