

REJUVENATE YOGA WITH SUSAN

Pregnancy yoga

Below are some poses that can be lovely to practice while pregnant.

Please note: It is always a good idea to check with your healthcare provider before starting an exercise routine.

I have provided some basic instruction, but if you are unsure of any pose, it is best to approach an experienced yoga teacher for guidance. Also, listen to your body, it is the best teacher you have. If you experience sharp pain, or something doesn't feel right, come out of the pose altogether.

Work through the poses in the order listed, or change the order around, feel free to play with your practice. Some days you may need to go straight to Savasana!

Stay for as long or short as you want in each pose. Don't forget to repeat asymmetrical poses on both sides.

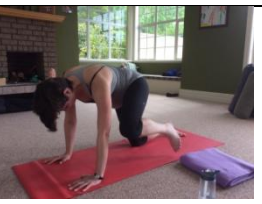
Please contact me if you have any questions or would like to attend a class or schedule a private yoga session.

Susan Kitson

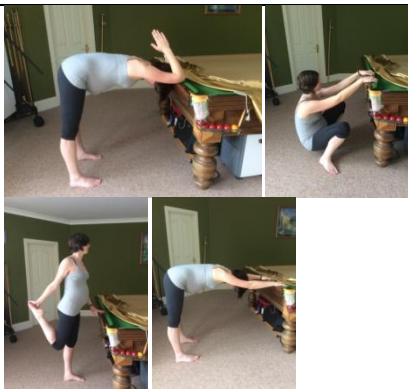
Phone 027 419 49 46

Email rejuvenateyogasusan@gmail.com

Web www.mrandmrsv.wix.com/rejuvenateyoga

		Start in Baddha Konasana and allow a few minutes to let your breath settle. Feel the connection between your body and the earth below it. Close your eyes and turn your mind inward, focusing on body and breath.
		Move forward over your legs into table top. Place hands under shoulders, or slightly wider. Knees under buttocks, again, slightly wider for stability if needed. Begin to work into cat pose by gently round your spine on an exhale, broadening the space between your shoulder blades. Then on an inhale lower your belly, lift the tailbone & head and come into cow pose. Move through these two poses 5-10 times, working in time with your breath.
		Returning to a neutral spine in table top, extend one leg behind you on an inhale. As you exhale, bend the extended legs knee and move the knee towards your tricep/elbow on the same side as that leg, gently rounding the spine & creating space for the belly. Repeat 2-3 times.

REJUVENATE YOGA WITH SUSAN

	Tuck your toes under (don't forget the pinky toe) and come into toe squat, resting your buttocks onto your heels. While here, work into Gomukhasana arms, taking one arm up your back and one arm over the top and down.
	Release your toes from their torture, and sit back on your heels for ankle stretch, lifting the knees away from the floor (a blanket can be placed under them if necessary). If you can balance here, work into Gomukhasana arms on the other side.
	Come into deer pose, with your left leg bent in front of you and your right leg bent behind you. 1. Start to work into an open twist, reaching your right hand to the outside of the left knee, and bringing the left hand behind. Release forward. 2. Reach the right arm up and left arm down to stretch the right side of the body. 3. Open the right leg and stretch the right arm down the leg, lifting the left arm past your left ear. 4. Lower the left hand to the floor, raise the right arm, and if balanced, lift up onto left knee & right foot. Repeat all four poses on the other side.
	Come into wall dog by placing your hands high up on the wall. Walk your feet backwards as your hands slide down the wall slightly. Move into a down dog stance with your buttocks back a little behind your heels. Enjoy the release through your spine.
	Use a bench, table, or some other surface for the next four poses. 1. Work into a shoulder opening by resting the backs of the elbows on the table, taking the hands into prayer position, and walking the feet back. 2. Squat using the table as support, a lovely spine release, and a great preparation for birth. 3. Using the table for balance, take hold of your right foot with your right hand. Push the top of the foot into the hand to open the quads. Repeat on the other side. 4. Rest your hands on the table, walk your feet back until they are under your hips. Extend from your hands to your buttocks, maintaining a neutral spine.

REJUVENATE YOGA WITH SUSAN

	Come to the front of your mat to work through a flowing sequence. Stay in each pose for 1-5 breaths. The more energetic you feel, the faster you may like to work. Slow it down by taking 5 deep breaths in each of the poses, notice the restive impact this has on your body and mind. Step the feet slightly wider than hip width. Inhale, raise the arms, exhale fold forward. Inhale, lift the chest, and extend the spine, exhale to step the right leg back. Lift up into Warrior II, front knee bent and arms extended. Turn the left hand to face upwards and move into reverse warrior, sliding the right hand down your back leg and raising your left arm. Exhale and lower to side angle resting your left elbow to left thigh. Lower the hands to the floor and walk a ¼ turn to the right to come into prasarita padottanasana. Inhale; lift the chest to work into a straight spine. Exhale and hold, inhale and raise the right arm to come into a twist. Exhale to lower that arm, inhale the left arm up. Exhale to lower it. Walk the hands forward, taking shoulders out above wrists. Leave hands where they are, pull buttocks back to come into a wide legged down dog. Then walk the hands back under your shoulders. Turn back towards the top of your mat, stepping the left foot back into downward facing dog. Then repeat on the other side. Rest down in child pose with knees wide and big toes touching after each round, or at any time you need a break! Repeat the full flow as many times as you would like, perhaps adding in other standing poses like Trikonasana.
	Come to a seated position on your mat with the legs wide. Bend the right knee in and extend along the left leg. Change the opening to a gentle twist, lifting the chest skyward and raising the right arm past your right ear. Repeat both poses on the other side.
	Then with both legs open, gently extend your hands forward on the mat in front of you. Keep the chest lifted and the spine long.

REJUVENATE YOGA WITH SUSAN

	1. Lie down on your side, cradling your head in your right hand. Knees can be softly bent. Find your balance. 2. Reach down with the left hand and lift your left knee up, opening through the hip. 3. Extend the left foot towards the ceiling, and change your grip towards the calf, opening the hamstrings. A strap over the foot may help. 4. Release the left leg; take hold of the left foot with the left hand for a quad stretch. The greater the bend in the knees, the easier this pose is. Stay in each variation for as long as you feel comfortable.
	Take a gentle spinal twist to the left and to the right. Fully resting the knees to each side, releasing all tension. Allow the earth to support you. Staying on each side for 5 breaths or longer if comfortable.
	Finish in Savasana, corpse pose. Lie on your back, cover yourself with a blanket, perhaps place something soft under your knees, use an eye bag scented with lavender over your eyes, and completely surrender to the floor. Or if lying on your back is uncomfortable, try lying on your side, with a pillow or cushion between your knees and another under your head. Stay for as long as you would like, coming back to reality slowly. Wriggling fingers and toes first, and then stretching, before carefully sitting up.