



A Woman's Wellness

YOGA, PILATES, HEALTH & LIFESTYLE

Top 4 Exercises for Pregnancy

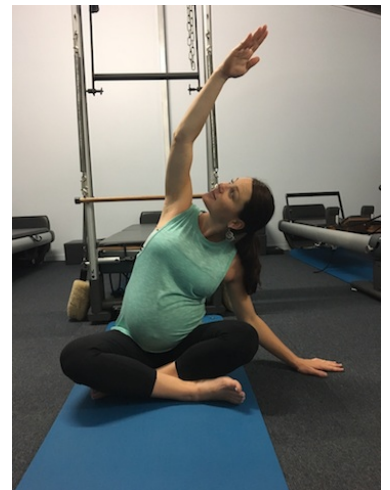
1. Mother-Pose

- *This Restorative Yoga pose is a great option to help open the heart, chest and shoulders and open the lower back and. Also a perfect exercise to help connect to the womb/baby and relaxation.*
- Lying over a bolster or a few rolled up blankets. Allow your bottom to rest of the floor (or if tight in the lower back sit up on a cushion to elevate your hips a little). Arms open wide to the side. Feet together and knees wide in a diamond-like position.
- Just lie, rest, breathe and open. Close your eyes. Hold the pose for 5-15minutes.
- Variations to make the exercise easier- especially as you get bigger and need more elevation.
 - i. Elevate your upper body or head with a cushion.
 - ii. Place blanket/cushion under each knee if tight in hips and inner thighs.
- If you don't have a bolster roll up a few blankets to make a cylinder.



2. Seated Lateral Stretches

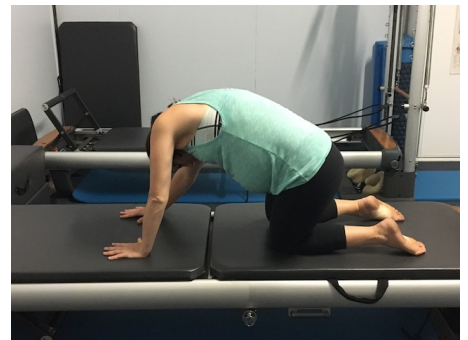
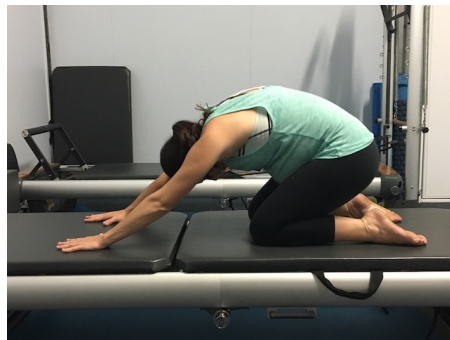
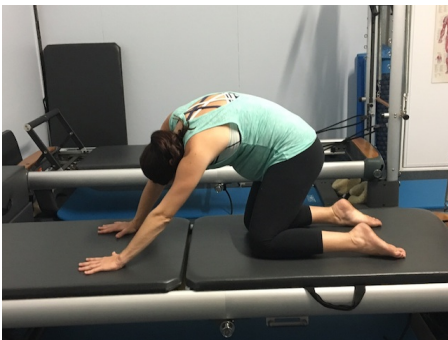
- *As your baby grows you may find a restriction is your breathing and the ribs and the side of your body (lateral) getting tighter. This exercise will help to stretch out your sides, open your ribs and lungs, increase your breathing capacity, which in turn will relax your neck, shoulders and overall body.*
- Seated on the floor with your legs crossed in a comfortable position.
 - i. If you are tight in your hips and back or restricted in your knees elevate yourself on a cushion or two.
- Start up tall and straight through the spine.
- Lowering your left hand to the floor, bending at the elbow. Reaching your Right arm overhead.
- Stay long through your sides and slightly lifted through your chest.



- Now hold for 3-4 breathes really expanding into that right ribcage on the inhalation.
- Then repeat to the other side.
- You can repeat this stretch 2-4 times on each side.

3. Kneeling Hip/Body Circles

- *This mobility exercise is great for releasing tension and tightness in your lower back. It will help you to connect your pelvic floor and lower abdominals and is a great exercise to use in early stages of labor.*
- Start on all fours. Hands under shoulders and knees under hips.
- Now you want to think about creating a Cat stretch whilst circling your hips around from one side to the other.
- Start by arching your back (like a cat) and then push your hips to the right side. Then continue your circle by drawing your hips to your feet. Continue the circle by drawing your hips out to the left. Then come back to the center/start position.
- Continue with this Stretch doing 5-6 body circles in each direction.
- You want this exercise to feel as organic and free as possible. You know your body so circle, stretch and move in whichever direction feels best for you.



4. Squats with Labor-prep Breath

- *This is a great exercise to prepare you for labor. Not only will it help to give you strong legs and a good bottom, but it will also help to increase your endurance and stamina to prepare for labor contraction. Standing and squatting is also a great position to labor in as gravity, breathe, baby and the body's natural energies are all working together. Also this type of breath is one you can choose to use in your labor.*
- Come standing with your back up against a wall and come down to a squat position.



- In a squat position at the wall your knees should be at about 90degrees and your back fairly flat against the wall. Shoulders back and chest open.
- Hold and breathe for as long as you can. Start with 30 seconds and try building your way to 4-5 minutes over time.
- Labor-prep Breath- whilst holding this position INAHLE through the nose and EXHALE loudly and deeply from the back of your throat and the core of your belly. Image you are breathing the baby down and out on each exhalation. You want the breath to sound deep and husky- don't be shy.
- Variation: You can also perform this same exercise in a deep squat position.



*Any further questions email Tenille@awomanswellness.com.
Also stay posted for our FREE videos.*

In Health & Happiness,

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