

Hello

Thanks again for allowing me to support you through your parenting journey.

As promised here are some ideas to help you move, breath and relax and allowing you to be the best parent you can be.

Yoga exercises for Pregnancy and Postpartum.

Please always listen to your body. Move softly listening to your instincts. Make changes if something doesn't feel right and know that I am here for you if you need a different exercise, just email me!

I hope you enjoy, I made this for you. If you want more there is so much more. I have more on my website, live classes, zoom classes and an online studio for pregnancy and one designed for postnatal mums and baby yoga.

If you are sitting down, try this first 3 stretches seated. I am trying to encourage you to move your spine in all different directions to feel back into your body and get out of your head! This yoga is safe in Pregnancy and Postnatally.

Stretch and Strengthen

Standing stretch

Stand tall with your feet hip-width apart, maybe a little wider if you are pregnant.

Shift your weight so its in the centre of your feet.

Your arms relaxed.

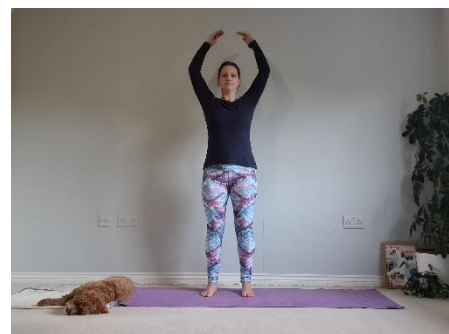
Just stand and be.



With an in-breath, raise your arms out to the sides, letting your lungs fill with a deep breath.

Take the arms all the way above your head, unless you have high or low blood

pressure, then keep them at shoulder height.



Exhale, letting all of your breath out and lower your arms to the sides again.

Repeat 3 times.

Deep breathes help to calm your nervous system, helping you to relax, release tension and be back in your body. Welcome back to you!

Side bend



From the stand position (this is the mountain pose), place your right hand on to your lower abdomen, raise your left arm out to the side, bringing the hand over your head, palm facing downwards, This is picture A. Keep knees soft. Move gently.

INHALE- stand tall. EXHALE- bend to the side, B. INHALE- return back to A. Change sides by moving arms into opposite position, picture C.

Repeat on the other side. Side bend on each side 3 times.

This is brilliant to create space in your abdomen if you are pregnant. And will help to relieve back ache.

Twist

Please keep your knees soft and turn to 90 degrees. This is safe in pregnancy as it's a soft open twist. Start standing or seated on a chair.



Bring your arms out with soft elbows at chest high, palms facing away.

INHALE- stand tall. EXHALE- turn 90 degrees to the right. INHALE- flow back to the start.

Repeat by flowing over to the left. Repeat 3 times on each side. Flow and breathe!

Flowing cat

Saffron Harrison. December 2020. www.saffronsyoga.co.uk.

This is brilliant to help raise your energy. Are you feeling tired today? Lack of energy or motivation? I got you, try this.

Starting by kneeling on the floor, have a mat under your knees or a towel, something to add softness.

Place hands underneath your shoulders, knees under hips, feel relaxed and back flat. Breath in which ever way feels good, just please keep breathing!



Press in to your hands and arch your back upwards, move your hips backwards towards your heels, you don't need to sit on the heels don't worry.



Soften your elbows and start to move forwards keeping your nose low. Press into the hands and come back to the starting position.

Flow around in your own way, take this time to feel into your body, how you move and what feels good to you right now.

Now REST, lay down and just sit for a moment and be you.



You are amazing.