



**GENTLE PRENATAL YOGA SEQUENCE**

**60 MINUTE CLASS**

**Jennifer More**

## Section 1 – Preparing the body - 5 minutes

---



### SEATED HAND ON HEART

- Take a couple of deep breaths
- Check in with your body
- Respect where your body is today, remember that your body is your baby's home until they are born so be nice to it
- Allow for days when your body needs more rest or a more gentle practice
- And most of all listen to the signs your body gives you if you have discomfort or pain, back off and rest
- Begin Ujjayi breath, practice hugging baby in
- If your breath becomes uneven or labored pull back the intensity of your practice until it evens out
- Introduce the concepts of practicing with intention and attention
- ROCKING or Spine circles

#### Modifications:

- Sitting on the knees or in Hero pose sitting on a block, or elevate the hips in a cross-legged position.

## Section 2 – The Warm Up (Seated Postures) – 10 minutes

---



### SEATED HANDS ON HEART, HANDS IN PRAYER, INTERLACE FINGERS REACH UP, HANDS BEHIND BACK LIFT CHEST

- Lengthen spine as you reach arms overhead
- Keeping spine long bring arms behind the back resting back on the hands reaching the chest forward and up
- Release head back

#### Modifications:

- If it doesn't feel good to bring the head back, just lengthen the neck and look up



### SIDE STRETCH

- Lengthen spine as you reach arms overhead
- Keeping spine long bring one arm down at a time and lengthen up and over to the opposite side with the other arm

#### Modifications:

- Arm can stay straight up if it is uncomfortable to reach up and over



Additions to vinyasa for longer class: **SEATED TWIST**





## CAT/COW (MARJARYASANA) AND CAT COW CIRCLES

- Make sure the hands are directly under the shoulders
- Knees hip-width apart, directly under the hips
- Try not to sway the back as you inhale
- As you exhale, press the hands into the mat to exaggerate the roundness of the back, and drop the head down.
- If your baby is in an uncomfortable position it will help to turn your baby into a position which is more comfortable for you
- In labor, this also can help to turn your baby into a position which is more comfortable for you & more conducive for baby to be birthed
- For Cat/Cow circles bring hands forward and wider and widen knees

### Modifications:

- Alternate leg/arm lift

### Carpal Tunnel variations:

- Hands in fists
- Wedge
- Rolled up mat



## CHILD'S POSE (BALASANA)

- Separate knees, sit down on heels bring forehead to ground reach arms out in front

### Modifications:

- Place block or bolster under head if needed



## DOWNWARD FACING DOG (ADHO MUKHA SVANASANA)

- From hands and knees, curl toes under lift hips
- Feet hip width apart or more to create space for baby

### Modifications:

- If downward dog is uncomfortable or contraindicated move into child's pose instead



## CHILD'S POSE (BALASANA)

- Separate knees, sit down on heels bring forehead to ground reach arms out in front




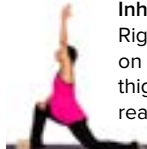






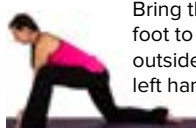


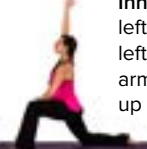







### Modifications:

- Place block or bolster under head if needed



## HANDS AND KNEES

# PRENATAL VINYASA SOFT FORM B

 <p>Bring the right foot forward and knee down Modification: Different block heights</p>	 <p><b>Inhale</b> Reach the arms up - one hand can come to thigh if needed</p>	 <p><b>Exhale</b> Lunge forward • Make sure knee doesn't go past the toes and the front foot stays flat on the floor • Make sure the lunge isn't too deep by hugging baby into the spine during exhalation</p>	
 <p><b>Inhale</b> Right elbow on right thigh left arm reaches up</p>	 <p><b>Exhale</b> Reach arm open to the back of the room palm up</p>	 <p><b>Inhale</b> Lengthen both arms up</p>	 <p><b>Exhale</b> Release hands back to the inside of the right foot • Bring right knee back to the floor</p>
<p><b>Inhale</b> All fours <b>Exhale</b> Child's pose</p> 	<p><b>Exhale</b> Downward dog • 1 to 3 breaths</p> 	<p><b>Exhale</b> Release knees down back to all fours <b>Inhale</b> Bring the <b>thumbs together</b> with the fingers spread out wide- hands come forward slightly and can be on a block or on the ground</p> 	
<p><b>Exhale</b> Bring the left foot to the outside of the left hand</p> 	<p><b>Inhale</b> Reach the arms up - one hand can come to thigh if needed</p> 	<p><b>Exhale</b> Lunge forward • Make sure knee doesn't go past the toes and the front foot stays flat on the floor • Make sure the lunge isn't too deep by hugging baby into the spine during exhalation</p> 	
<p><b>Inhale</b> left elbow on left thigh right arm reaches up</p> 	<p><b>Exhale</b> Reach arm open to the back of the room palm up</p> 	<p><b>Inhale</b> Lengthen both arms up</p> 	<p><b>Exhale</b> Hands to the inside of the left foot <b>Inhale</b> Curl toes under. Lift back knee</p> 
<p><b>Exhale</b> Step right foot forward <b>Inhale</b> lengthen spine</p> 	<p><b>Exhale</b> Forward fold</p> 	<p><b>Inhale</b> Bend knees deeply moving into chair pose <b>Exhale</b></p> 	
<p><b>Inhale</b> to standing</p> 	<p><b>REPEAT</b> <b>PRENATAL VINYASA SOFT FORM B</b> <b>2 TIMES TOTAL</b></p>		

Turn to face the side of the mat

## Prenatal Moon Salutation

---



Side Stretch

**Inhale**

Reach arms up and lengthen

Hold on to wrist

**Exhale**

Bend to the side

---



Goddess

---



Warrior II

---



Triangle

---



Warrior II

---



Lunge

**Modification:**

- Back knee can be off the ground if desired
-



Squat (make sure both heels are on the floor or use a modification)  
Option: twist

**Modifications:**

- Bolster or Block
- Wedge or Blanket under the heels



Hip circles  
(feet wide, knees bent)



Lunge



Warrior II



Triangle



Warrior II



Goddess



Side Stretch



### Tree Pose

**Modifications:**

- Foot can be on the ground, ankle, calf, or thigh
- No foot on the knee
- Arms can be in prayer or up



### PIGEON

Over a rolled up blanket or bolster. Or double pigeon (1 minute each side)



- Start with knees on a rolled up blanket
- Hands forward
- Right leg forward and turned out
- Slide back so both hips are supported evenly
- Hips square to the ground
- Double pigeon (Stack shins, flex feet)

**Modifications:**

- Can be done from downward dog if advanced
- Can be done on a bolster if the blanket is too low
- Double Pigeon (Block under the knee if needed)



### SIDE LUNGE

- Line up heel with knee
- Walk hands forward and widen them
- Turn toes to face the side of the room
- Lunge to the side then circles if comfortable

**Modifications:**

- Foot can move forward or back to make it more comfortable



### BOUND ANGLE

**Modifications:**

- If baby is breech and Mom is past 34-35 weeks cross legs instead
- Place blocks or blankets under the knees if needed



### SIDE-RECLINING LEG LIFT

**Optional:**

- Quad stretch
- Reaching back for the foot
- Thigh parallel to the ground
- Move leg back until the stretch is felt at the front of the thigh
- Happy baby in between sides



## HAPPY BABY POSE

Rock side to side



Additions to vinyasa for longer class: **SEATED TWIST**

Optional: Block under hips one knee up



## FINAL RELAXATION

### RECLINING BOUND ANGLE

Use a rolled up blanket to support the knees/hips