

1 Dandasana with hand/feet/ankle rotations



Sit in a good position with the sit bones on the floor or on a block. Ensure that the spine is straight and the crown of the head is reaching towards the ceiling.
 Feet- flex & point * switch side to side* make circles /both directions
 Hands- rotate wrists*
 rotate shoulders*
 Make a fist & explode hands stretching the fingers as long as you can

2 Side Angle Stretch



Starting in dandasana (use a block for comfort) move your legs wide apart and turn your toes up, sit tall and extend your arms in front of your inhaling and then on the exhale take the arms above the head and stretch looking up at the hands. Take two breaths and on the next exhale bring the arms down.

Next Bend your right leg into the opposite thigh, stretch out the left arm to reach as far down the leg as you can. Raise the right arm above your head and stretch down to the left leg. Hold for three breaths and release slowly on the next exhalation. Repeat this on the other side.

3 Cat Posture



Start in a straight back position and do not allow the tummy to sag. Think about lengthening the spine and neck in a straight line.

Inhale and as you exhale drop the head and chin down, tuck the tail bone under and round your back. As you inhale come back to a straight back position .Repeat 5 times. If you find your wrists start to ache, sit back and rotate the wrists.

4 Cat Posture/Knee Circles

Start in a straight back position and do not allow the tummy to sag. Think



about lengthening the spine and neck in a straight line. Raise your right leg and draw small circles with it, forward, out to the side and back again. Keep the knee close to the floor throughout. Do 6 circles one way and then the other. Repeat on the other side.

This is a great hip opener and very soothing. Excellent exercise for toning the perineal muscles.

5 Dynamic Cat/ Hare flow waves



Start again in cat posture, inhaling move your buttocks back to your heels into hare pose, exhaling move your head and chest in a forward motion upwards and towards your hands. Exhale repeat by taking the buttocks back to the heels.

Repeat 5 times moving slowly with the breath. Sop and rest whenever you may need to.

6 Downward Dog using the Wall



Stand in tadasana, with feet hips width apart and a distance of about half your own height away from the wall. Inhale and take your arms above your head, exhaling slowly bend forward bring your hands onto the wall. Your hands are at about the same height as the upper/middle of your bump.

You will find the height that suits you. Stay here for a few breaths breathing into your back then if you feel comfortable raise the left leg and hold for two breaths then release and raise the other leg. Release, inhaling, come slowly up to standing

7 Half lotus with Bee Breath



Sit cross legged on your mat using a block. Take the lower leg slightly forward so that you can balance whilst gently lifting the top leg and making small circling movements to release the hip. Now move the lower leg, so that the foot is resting against the groin and place the back of the other foot onto the opposite thigh.

Use blocks or a blanket to support the knee if needed. Take hands into flower mudra and gaze at the centre of the flower you have made. Open the petals on your inhale and close on exhale. Now begin the bee breath for 5 breaths



Then repeat on the other side

8 Pelvic Floor Exercises



Sit upright in any comfortable position. Start by squeezing and lifting quickly 20 times

Next squeeze, hold for 1 whole breath and release.

Finally lift up the 4 storey building

Squeeze lift hold- 1st floor

Squeeze lift hold- 2nd floor

Squeeze lift hold – 3rd floor

Squeeze lift hold – 4th floor

Release rest for 5 breaths + Repeat twice more

9 Relaxation & Breathing Practice



Find a comfortable position such as this semi reclining position use support and cushions. Now begin your relaxation by taking your awareness and sending it around your body telling each part of your body to soften and relax.

Now move your awareness and notice your breath, how it moves in and out of the nostrils. Place your hands onto your baby. Then begin the spacious breath using your diaphragm, the whole of the chest, back of the ribs.

Now visualise how your breath is feeding and nourishing both yourself and your baby. Now visualise yourself lying inside the cosy chamber of your womb beside your baby. Visualise the pinkness the softness and the sound of your hearts beating together.

Visualise the slight smile on your babies face as she lies in this comfortable warm safe place beside you. Feel how connected you are, how much love is in your heart and how much love is flowing from your heart to your baby.

Visualise the love surrounding your baby in a beautiful safe pink aura. Now bring your mind back to the present with your baby still warm and safe in your womb.

Focus on your breath for a minute or so then slowly bring yourself back up into the room and back into the day.