

“Yoga during Pregnancy”

Pregnancy is a total unique experience, a time in a woman's life when it is of prime importance that the various dimensions of her being are in harmony. The regular practice of certain yoga exercises, meditation and breathing techniques ensures optimum health of her body and mind, and the unification of her physical, emotional and spiritual growth with that of the developing child.

- Yoga postures, together with breathing and relaxation techniques, provide the mother-to-be with physical flexibility and suppleness.
- The breathing exercises aids relaxation, well-being and also enhance both mother and the child with vitality and extra energy.
- Meditation techniques, promote a serene outlook on life, which benefits the disposition of both the mother and the child, and help bring about a relaxed attitude towards the actual birth experience.



Bridge Pose - Setu Bandha

Also known as: Half Wheel

Type of pose: Backbend

Benefits: Strengthens the spine, opens the chest, improves spinal flexibility, and stimulates the thyroid.

Instructions:

1. Come to lie on the back.
2. Bend the knees, bringing the soles of the feet parallel on the mat close to the buttocks.
3. Lift the hips up towards the ceiling.
4. Interlace the fingers behind your back and straighten the arms, pressing them down into the mat.

5. Roll one shoulder under and then the other.
6. Lift the hips higher.
7. Draw the chest toward the chin, but do not move the chin toward the chest.
8. Make sure the feet stay parallel.
9. Release the hands and bring the upper, middle, and then lower back down.
10. Rest, allowing the knees to knock together

Beginners: For a restorative variation, bring a block under the sacrum. Let your weight rest on the block.

When coming down, keep the hands interlaced under the weight of the body for a shoulder opener.

Advanced: Try relaxing the buttocks while keeping the thighs engaged in order to lift the hips higher.

Lift one leg at a time straight up to the ceiling.

Come into the pose from shoulder stand

Time duration: Stay in the pose from 30 seconds to 1 minute. Release with an exhalation, rolling the spine slowly down onto the floor.