

Early Pregnancy - Routine One

Gentle postures for the first trimester

Centering and Warming Up

Start by spending a few moments tuning into your breath and letting go of the thoughts of your day and your plans for the future. Spend these moments being aware of your breath, aware of the complete duration of each inhale and exhale. It is not necessary to deepen your breathing, just be aware of your breath and breathe comfortably. Then spend about 5 minutes doing warm-ups for the neck and joints of the hands, shoulders, feet, hips and spine. These warm-ups can include neck exercises, shoulder shrugs, ankle rolls as well as massaging your hands and feet.

The Postures

1. Belly Breathing

Sit in a comfortable position with your back against a wall or a sofa for support. Inhale, relax your belly. Exhale and pull belly toward spine hugging your baby. Continue for 5 – 10 breaths.



2. Mama Cat & Child's Pose

This is a variation of the classic cat/cow exercise. Take care not to arch your lower back in this exercise since the lower back and abdominal muscles are already under stress from the growing uterus. The focus is on a back and forth motion and stretching the muscles of the upper back and hips rather than the traditional focus of rounding and arching the lower back. This posture can help ease lower back and round-ligament pain.



3. Tailor Sitting

This exercise is a variation of the Cobbler, or "Bound Angle" as it is called in yoga-speak. It is a hip opener but can also help to strengthen the muscles of the outer hips and to relieve pubic joint pain. It is a great position to sit in to practice breathing.



4. Pelvic Floor Exercises

A strong pelvic floor is beneficial in childbirth and beyond. To practice a "kegel" most effectively; first tighten the muscles of the pelvic floor as if you were trying to hold back a bowel movement, follow this by tightening the muscles that you would use to hold back urine and then relax these muscles. Continue this back to front tightening 5 times. Try 2 sets of 10 pulses.

Mamaste Yoga ✨



nurturing mother, nurtures the child

5. Cow Face Posture

This posture is great for relieving low back and sciatica pain, it stretches the arms and shoulders and helps to correct and improve your posture.



6. Cat & Bird Series

This series of postures helps to open the pelvis by stretching and releasing specific muscles in the hips, low back and thighs. Practice all 3 postures on one side then repeat them on the other side.



8. Lion Posture

The Lion posture helps to release aggression and tension that is stored in the body. Come to sitting on your heels. After a deep inhale you lean forward and let out a roaring exhale through the mouth while sticking your tongue out and rolling your eyes back in your head. Perform this posture 3 times in a row.



9. Relaxation

Final Relaxation may very well be the most beneficial part of any yoga practice, as it energizes and restores your body integrating all of the work done in the previous postures. Rest with your calves in the seat of a chair or on a sofa. This posture helps to relieve tired legs, varicose veins and swelling. Rest here for several minutes, or as long as it is comfortable. Allow your breath to be soft and try to clear your mind by paying attention to your breath.



If you have questions about any of these postures please contact a certified prenatal yoga teacher. Mamaste Yoga™ salutes the mother in all of us and nurtures the mother who nurtures the child. Mamaste!

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