

PRENATAL YOGA

For Home and Birth

Rachel Hunt Yoga

Childs Pose

Bring hips to heels and finger tips can stretch towards the front of your mat

Birth partner can add gentle pressure to low back

Add in a side stretch by walking both hands to one side of the mat and then to the other



CAT

Come to hands and knees (tabletop)

As you exhale round through the spine hugging baby in while allowing head and tailbone to reach towards the floor



COW

Stay in tabletop

As you inhale release belly toward the floor while head and tailbone reach toward the ceiling

HIP CIRCLES

From tabletop inhale as you press hips forward and to one side. Exhale press hips back and around to the other side.

Make sure to move your breath as well as your body.



GARLAND POSE

From tabletop, walk hands toward legs and come onto toes. Allow knees to come out to the sides.

Once you are in your squat {with heels up} walk hands towards the front of the mat releasing head, neck, and shoulders to the mat.



SQUAT

This pose is very similar to Garland Pose but heels are on the mat and your spine is long. Come into this pose from standing or a forward fold. Feet will be hips width distant {or wider} and toes turned out.

Bend into the knees until you get as low as you can. Hands come to heart center and begin focus on opening your hips and lengthening through your spine. You can modify by sitting on blocks or a bolster.



EXTENDED MOUNTAIN

Standing tall, reach fingertips toward the sky

Take a side stretch on each side

Take a few full breaths: inhale as finger tips reach and exhale as hands come to heart center

MOUNTAIN

Standing on your mat with feet hip width distance and hands at your side or at heart center. Allowing yourself to breathe deep.

Tall posture, foundation through the feet, and release through the shoulders. You can also bring a block between your thighs letting inner thighs internally rotate {toward center}. This will allow for glutes and low back to release.



FORWARD FOLD/ RAG DOLL

As you exhale allow yourself to fold forward reaching fingers to toes. Make sure to step feet wider to make room for baby.

Come into **Rag Doll** by taking a wide stance with legs and bending at the knees, opposite hands to elbows, and releasing head, neck, and shoulders.



Pigeon

Starting from tabletop or downward facing dog.

Bring right knee to right wrist and right foot to left wrist as the left leg extends straight back on the mat. Allow upper body to relax toward the mat.

To modify use a bolster under hips and/or under upper body.

Seated Wide Legged

Seated on your mat, take your legs out wide. Walk hands forward or to left and right foot.

Great stretch for inner thighs, hips and back.



Rachel Hunt Yoga

Reclined Bound Angle

While seated bring soles of feet together and allow knees to drop to the sides. You can fold over feet for a deeper stretch.

Sitting up straight make circles with your hips or rock yourself back and forth and side to side.