



Video Transcript

Gentle Yoga for New Moms

Hello, beautiful mamas and welcome to Gaia goddess. I'm Rachel. And today I've put together a yoga flow for you with becoming a new mommy in mind.

I've had the gift of doing that twice. And although it is so incredibly magical and beautiful, it can also be full of a lot of anxiety, fear, exhaustion, leaky boobs, messy pads, and mushy bellies. So with that said,

I want you to just take a big, deep breath and just sigh it all out, cry it all out, yell it all out. It is so hard to make time for yourself, whether it's time or even just energy, right? But you did it.

So smile, give yourself a pat on the back and a big hug because that is the hardest part. I want us to go ahead and address our postpartum bodies.

Some of us feel super empowered after having a baby and don't think about the physical shell. Others of us are really, really stressed out or have stress from work, partners, society, and beyond. I want you to deal with that in this moment.

Are you feeling pressure about your body? Who's providing that pressure? And is it you? Normally it's us. I want to say this to you, on tough days, on sleepy days, turn the gram off. Stop swiping. And know this,

you don't have any other mother's full story. So you may think a mom looks great and she's completely incontinent. Or you think she looks great and she can't breastfeed. Or you think she looks great but she didn't have the births she desired. Or she thinks she looks great and she no longer has a partner. You don't know. So just know that the shell is just a shell. and more importantly, the extra weight that we have postpartum is actual fat to create what we call as liquid gold, all right, breast milk. And those places, if you're breastfeeding, I want you to

know, and even if you choose not to, this is important to know. You carry extra weight around your belly button, behind your arms, and at the bra line. Clearly, God was a man because those are the three places no woman would ever want to have extra weight. But that is where our fat storage is to create breast milk. It has kind of a cottage cheesy consistency. Now, physiologically, the other thing we want to talk about is where we come together, we can come apart, which is called diocesis recti. I want you to give yourself grace and be very careful about rushing into any kind of forward flexion or twisting as the fascia and the body come together. Conservatively, I don't really want you doing crunches for three to six months. Okay? And if you feel like you need longer and you have dioceses, perhaps longer. And the pelvic floor has experienced trauma, whether you had a vaginal birth or a C section. So please do not rush to introduce any high impact exercises until you feel that your pelvic floor is healed and you can control it. Okay. So with that little soapbox moment, it says, close your eyes. I want you to smile really big and just tell yourself, I am a birth queen. Place one hand on your womb, one on your heart, give yourself love and grace, knowing that all of the answers lie within you. My mother raised me with the wise statement, only you know what's best for you and your baby. And she is right. There's a lot of information. There are a lot of opinions, but only you know the real answer for you and for your baby. So trust it. Take a deep inhale in through the nose, allow your belly, your heart, your back to expand, allow your shoulders to soften and use the exhalation as an opportunity to breathe out anything that isn't serving you, mind, body, spirit. Again, inhale. Fill the body with air and exhale. Every time you inhale, try to make the breath even more expansive. Let go of the glutes, the hips, the belly. Allow your abs to soften. And as you breathe, I want you to start to think about an intention that you want to set for yourself today. It could simply be I'm going to stay present in this practice. Beautiful. One more deep breath. And sigh it out. Gently allow your eyes to open, and let's address our pelvic floor and our transverse abs as we begin to prepare to move. So I just want you to exhale, lift and engage your pelvic floor in your transverse abdominals. Inhale, relax, and lower. Exhale, lift and engage the pelvic floor of vaginal muscles. And inhale, relax. We're putting everything back together again. Good. Inhale, relax. Two more. Exhale. So having a baby, you can hear my shoulder crack. My babies are big, but it's a lot of work in the upper body. So please create time and space to stretch. So take one ear to your shoulder, really drop that shoulder, try to feel like you're going to touch the floor, get that nice release through the neck and shoulder. Look down at the ground, look up at the ceiling. Usually you'll be like,

oh, that's it and then let it go okay good shoulder roll up back and down drop your ear to the other shoulder and see if you can reach to the earth looking down looking up

amazing let's go ahead and reach up grab one elbow pull the elbow points back

Try not to arch your back, right? Neutralize your pelvis. And then take a little side bend, keeping both sit bones grounded.

And come up and over. Other side, reach up, pull back, and side bend.

Fantastic. Let's go ahead and place the blocks at the top of our mat. We may or may not need them, right? I am going to choose to flow for the most part without them, but I'm going to have them nearby to show you how to utilize them if you're feeling like you need added support. I want us to start with some cat cows into hip circles. So exhale around your spine.

Inhale, gaze up. Put more emphasis on lifting your heart, spreading your collarbone, sliding your shoulder blades together. Exhale, press all 10 toes, all 10 fingers into the ground. Pull your abs in and up and inhale.

Relax the pelvic floor. Stretch.

Exhale round. Lift the pelvic floor. Lift the core.

Separate your knees. Imagine you have a hula hoop on. point your toes and just start to circle the hips round and round we go allow the fun to go up to your head and neck and then reverse other direction ha ha ha let the breath move let it go sit in a child's pose reach your fingertips out as far as you can

How are you feeling in your body today? What's feeling strong? What's feeling weak? What's feeling loose? What's feeling tight?

No judgment, mama, right? Just ask your body to talk to you and then listen.

Right? Don't criticize, don't anticipate.

Go out and spread the needle right arm under left reach to the fingertips keep pulling your hip points back to your heels soften hips soften low back try to take the arch out of your back by lengthening your tailbone down to the earth and then go ahead and walk your fingertips all the way to the left I want your right fingertips to outreach the left as you pull your hips back to your heels hoo -ha you feel a nice release through that shoulder blade it's like one of those stretches you didn't even know you needed you're like oh wow enjoy it's like sweet tortures and then let's thread the needle on the other side

feel free to blutter the lips whatever you need to do to just stay soft in your body soft in your breath now when you're ready walk the fingertips up and over to the other side really try to outwalk the left fingertips to the right

fantastic now we're gonna walk our hands forward lift our butt okay for a child's pose but it's a butt up child's pose okay so flip your palms up and then fold your elbows and pull your elbows forward as you pull your hips back it's one of my favorite chest expansion moments oh it's like you get all the way into the armpits your belly can relax

Two more breaths.

Awesome. And then let's go ahead and come into a high plank position,

yes? So you're going to come into this high plank, hug your abs in, tuck your tailbone. We're going to lift the hips up, press the heels down. And then peek at me. You're going to look at your belly button, pull it in, and roll into a high plank. Exhale, hips up, heels down, gaze up. Pull in, right? Teach those apps how to work again. Lift up, press heels down, pull in, roll it out. Two more, exhale, up, down, and roll it out. Kind of fun, right? Exhale up, heels down. Roll it out. Fantastic. You're gonna lift your hips up into a downward facing dog, come down to your forearms and find dolphin. Another awesome awesana for the chest to strengthen and stretch. If you cannot keep your spine and your legs long, bend your knees. strong long spine then long legs ah two more deep breaths find your strength press through the forms do not sink into this pose and then if you need to just pop your knees down onto the ground come back into that high plank lift your hips downward facing dog let's lift our left leg up and Open the hip. Breathe. Just want you to hold here three breaths. Square your shoulders. Stack your hips and then step forward into a warrior one. Reach your arms up. Exhale, side bend to the left. Inhale, reach up. Interlace your fingertips behind you. Pull your fist down. open your heart. Inhale, reach up. Exhale, forward fold. Step back, drop your knees, tuck your tailbone, hug your abs in, slowly lower your chest down. Take a baby cobra, press back. Child's Pose, crawl your toes under, lift the hips, downward facing dog. Right leg lifts up, open, stack the hips, breathe, ha. Exhale, forward fold, step back, high clink, drop knees, tuck tail, the lock core, lock pelvic floor, lower your chest. Baby Cobra, or if you feel good about it, upward facing dog. Good, press back, child's pose. Curl toes under, downward facing dog. Look at your thumbs, bend your knees, step or float to the top of your mat and fold. Inhale, flat back. Exhale, fold. Hold here, soften your knees. Shake your head, no. Nod yes, no to negativity. Yes to positivity. No to tension. Yes to free -flowing bodies. Hands to thighs, slowly roll up. Inhale, reach up for me, and exhale. Beautiful. Step forward into a high lunge. Breathe. You're going to extend your front leg and bend for four. Three. Exhale two. Exhale one. Bend your knee side bend to the right. Pull your arms back. Feel that deep release through the front of the left hip. Should feel really tummy and then reach up. Interlace your fingertips behind your body. Gaze up. Lift the pelvic floor, pull the shoulders down. Inhale, reach up. Exhale, fold. Step back. Drop your knees. Lock your pelvic floor in place. Lock your belly button in place. Lower the chest. Upward facing. Ha. Lift up, downward facing. Deep breath, left leg up, open, stack the hips. And when you're ready, step forward,

come into your high lunge. Extend the left leg and bend.
 Lengthen and bend. Two more up and down.
 Lift the pelvic floors you lengthen the leg. Hold there, Side bend to the left.
 Pull your arms back. Enjoy the release. Let go of the tension.
 Lengthen interlaced fingertips behind you. Pull down. Open your heart and breathe. You got this mama. Inhale, reach your arms up. Exhale, forward fold. Hands to the earth.
 You're going to lift straight up into your downward facing dog. Would you to bend your knees, press your chest all the way back. Hold,
 exhale, straighten your legs. Inhale, bend your knees, look at your fingertips, bend, float, and fold. Grab opposite elbows and sway from side to side.
 Don't force it, just let go. I always find it helps when I nod yes a little bit or shake no and then just find stillness if
 you feel a pulling at the back bend your knees more lengthen your arms lift to flat back exhale fold sweep your arms up exhale hands to prayer good sit in a chair pose lengthen your arms
 Exhale. Hands to prayer. Inhale, reach up, swan dive,
 forward fold. Inhale, lift to flat back. Exhale, walk back into that high plank.
 Drop your knees. Lower your chest. Upward facing dog. Downward facing dog.
 Lift your left leg up. Open and stack your hips. step forward and I just want us to play with balance a little bit so that back foot is going to step in a little bit and you're going to push off and play with flying right so you float the leg
 come into your warrior three feel free to reach your arms behind you out in front of you bring back to prayer if you need the supportive blocks you can use them, yeah. But know that our balance comes from the strength and activation of our pelvic floor. So you can always just play with having the blocks, pushing off, and then having the confidence to let go. Step the foot, side by side.
 Let's find Mountain Pose. Roll the shoulders back and down.
 What's your Attention.
 Find your breath.
 Amazing. Inhale, reach up. Exhale, forward fold over the knees. Inhale to flat back.
 Exhale, fold. Step back to that high plank. Drop your knees. Lower your chest.
 Upward facing. Downward facing dog. Lift your leg up. Open. Stack the hips and then step forward. Let's play with Warrior 3 on the other side. Push off, right? You can just play with pushing off and landing. Push off and land and then push off and fly.
 When you're ready, step the feet side by side, sweep the arms up, sit in your chair pose, hands to prayer. Let's challenge our core and our pelvic floor by floating the heels off the earth, and then inhale lower.
 Exhale, float,
 inhale lower,
 exhale float, inhale lower. One more time, exhale float, inhale lower sweep your arms overhead cross your thumbs side bend to the right two breaths
 inhale come up lengthen up exhale side bend to the left

Inhale, reach up. Exhale, press the hips forward, crack the heart open. Lift and lengthen, baby back bend. Forward fold over the legs. Inhale, lift to flat back. Exhale, fold. Step the feet. Back, high plank, drop knees, lower chest. Upward facing dog. Exhale, lift the hips. Press Press the heels down. We're gonna pedal. Just pedal to the legs. Fine linked behind the legs
 Beautiful left leg lifts up open stack the hip press the thigh back five Four three two and one circle
 Three four and five step forward drop the heel warrior two you're going to reach up and press down you have three more inhale up exhale press inhale up exhale press a lot more time dance it up and reverse your warrior Holding here for four breaths. Open your heart, feel the space between your hip and your thigh, very little weight in your back hand. Ground through your feet, lift the pelvic floor up and away from the earth. Last deep inhale, exhale, cartwheel the hands, down to your mat, step back, find your high plank. Drop to your knees, lower the chest, upward facing dog. Downward -facing dog the right leg lifts up open stack the hips and press the thigh back five contract the glute four Open the hips three square the shoulders two and one circle the knee clockwise for five Exhale four three two and one step forward find your warrior to dance it out up Exhale, press down. Feel the energy, lift up and press it down.
 Up.
 Reverse your warrior. Holding here, four breaths.
 Beautiful. Forward fold. Go ahead and parallel your feet for a wide forward fold. I even like to...
 When you're ready, lengthen your arms, reach up with one arm, rotate through your spine, wrap the arm behind your back, and when you're ready, switch it out. Other arm reaches up, stack your shoulders, wrap your arm around your back.
 Amazing. And we're going to go ahead and drop to one side for a nice lateral lunge. Lift your chest as high as you can. And when you're ready, you're going to open and circle down and around. Inhale, open, and circle down and around. and circle down and around.
 Inhale open. Exhale, circle down and around. One more time.
 Inhale, open. Exhale, circle. And when you're ready, just travel to that other side if you need the support of the block so you can use it.
 Inhale and exhale. Just knowing that any time you have tension or you do a stretch and it's a static hold. Sometimes when you just add a bit of movement, kind of takes your mind off of that pain and allows you to keep flowing through. Beautiful.
 So now I just want you to come on to your mat and find a butterfly position. Try to interlace your fingertips between all your titsies lift your heart nice and high really pull your shoulder points down press your knees down to the earth you can flutter your wings if you so choose and then i invite you to surrender forward

fold zero expectation just let the weight of your head go it's so hard to let go sometimes. We want to fix it. We're afraid of the unknown.

But let me tell you, Mama, as mothers, no matter how much we prepare and plan, our babies will always surprise us with the most adorable giggle, first word, first step or a poopy explosion. One never knows.

Inhale, come on up and let's bring our legs forward. I want you to hold on either to your ankles or your big toes. Lift your chest, lengthen your spine. And instead of lengthening your legs, I want you to walk your hip points back like so. All right. And the Moment your spine rounds, I want you to stop. So I find that when you walk the hips back, it's a little bit better than when you lengthen the legs, okay? So you're here, you're here, you're here, flexing your feet, lengthening your spine, relaxing your neck, as shoulders and your jaw. And then when you're ready, take a Big breath.

Sigh and forward fold.

When you're ready, we're going to come into a high C, squeeze our block, and I just want you to activate the pelvic floor in the core and just gently roll down and then inhale roll up. This is a nice introduction to core, right? Nothing too intense, but try to feel the pelvic floor activate, the inner thighs activate, and the transversus abdominis to wrap around. One more time, we're we're gonna hold that tuck your tailbone squeeze 10 nine eight seven six five four three two and come all the way down onto your back and we're gonna go ahead and try to do a little hamstring stretch with an IT band point and flex your foot you can hold behind The leg or the thigh, whichever feels best, take a deep breath

and then go ahead and open the leg out to the side gently and allow the knee to fall across the body straight in the other leg. And if you can, allow the knee to come all the way across. I got a little snap, crackle, and pop in my back, you may too. Just make sure with this hand, it's down here, yeah? So you don't create unwanted tension in your shoulder.

Amazing, and then we'll switch sides. So plant the right foot, extend the left leg, flex and point. I think it's safe to just hold behind the thighs so you don't shrug your shoulder so no shoulder shrugging flex and pull breathe send energy through your heel through your toes when you're ready gently allow the leg to open to the left and then extend the right leg allow the leg to come all the way across your body a big stretch

and then let's hug our knees into our chest for figure uh for for a full wind relieving if you can try to grab opposite elbows but really all that matters is that you're hugging as tightly as you can breathing releasing and then let's take that into a happy baby pull your knees down to the earth flex your feet and

when you're ready take a half straddle Left heel to the groin. Right leg extend. Just circle the ankle and

reverse
and switch.
Circle your ankle
and switch
amazing let's go ahead hug the knees into the chest take a twist so drop your
knees to the right look left
and drop your knees to the left look right
coming center for bridge take one block if it's nearby place it in between your
thighs and I want you to lift up and just hold right so I'm going to show you a
bridge that is a strengthening exercise and then one that's all about releasing so
by holding the block in place it activates your inner thighs which activates your
pelvic floor which is the foundation for our strength which will help you also keep
your pelvis neutral which I love and it'll help you release your back
knees together. There's a wonderful exercise to release tension in the low back,
to balance out the hips. Internal rotation is really important to practice because
most of us are externally rotated and anteriorly tilt throughout our day.
So we've got to do the opposing asanas to keep us in balance.
Try to walk your shoulders away from your ears and breathe.
Awesome. When you're ready, elevate your hips. Put that block right back in between
your thighs. You're going to roll to your side in a side plank. So we're going to
strengthen our car just a smidge before we find our final resting place.
So reach up. You're going to pulse up two, three, exhale, out of rotation.
And pulse up, two, three. Exhale, add a rotation.
Squeezing the block. Two more.
Exhale, twist. And last three, two, one.
Exhale, twist. Flip right into a modified clink position, squeezing the block we're
going to hold and then add a little movement pull your abs in and up round your
spine inhale lengthen five more exhale pull abs in and up keep bringing the abs to
the midline of the body keep squeezing the block keep activating your pelvic floor
keep pressing through the forms fight to rebuild that strength exhale push up and
round the spine. Take the arch out of your back. One more, exhale, curl like a
little roly-poly. Swing your legs behind you. And here we are. Up, two,
three, exhale, rotate. Give me four more. Up, two, three,
exhale, rotate. And up, two, three, exhale,
rotate. Up, two, three, and twist, you're in that side clink,
and up, two, three, exhale, twist. Last one, up, two,
three, exhale, twist. Amazing. So you can do a good old regular chavasana to close
out. Otherwise, you can try soup to batakanasana. I really like this because it
allows for more chest expansion which all mommies really really really need um so
i'm offering this to you and i'm going to work on internal rotation of the hips
because you've popped that baby out right so let's reset the back you can place
your hands on your womb just to give yourself love or feel free to Just allow the
arms to extend on your right and left side

and just be. Give yourself permission to stay here even if I begin to close class.
I will be quiet for a few moments and then you will hear my voice.
When you're ready, bring your hand to heart, heart to loom, deep breath.
Gently allow your eyes to open, peek at me. The safest way to get up is to roll
to your side to protect our core and then use your hands to sit you up.
Find a comfortable seat. Roll the shoulders up back and down.
Inhale, reach the arms up overhead. Seal your practice at your heart. The light in
me acknowledges the light in you. I wish you a beautiful motherhood journey and just
know that Rachel is always one DM or one email or phone call away. Have a blessed
day and I hope to see you.