



Video Transcript

Postnatal Yoga: Nurturing Movements For Mommy & Baby

Hello, Mama. Congratulations. Welcome to Motherhood, the goddess. So when I realized after I became a mom is I would just bring my baby to the workout. And honestly, even before becoming a mom, I fell in love with moms and had lots of mommy and me classes. And so Oftentimes we crave that time alone. However, it can be really fantastic to include your baby in your workout. So if you have one of these things called a baby, go ahead and grab them, bring them to the workout. And when they're super duper small, it's chef's kiss because you put them down and they stay there. And then there's a moment where that all changes and things get more fun. So if you have a Bopi and a baby that will stay in a Bopi, don't worry about it. Just put them there. Also, if you have a carrier, you can utilize a carrier. The structured carrier is a little bit better because it has more support. And you can flow through a variety of movements with the baby. What I've also learned as a mom, even if you have littles, right, that can participate, they start to learn that Mommy has time to move and be well, and they join in and learn to not only prioritize it for you, but to include wellness and movement in their lives as well. So it's a win-win 360. So we're going to go ahead and start with a little intention setting and some breathing, because that's probably the most important thing you can do as a mom until sometimes you may yell. That was my day yesterday. I was like breathing until the lioness came out. And they were like, I guess that's time to listen to mommy. Yes, please. All right. With that said, go out and find a comfortable seat. I want you to take one hand to your womb, two hands to your womb. Give love to your temple that created this magical little person. The world really doesn't give enough honor and reverence to the power of willing. So I am honoring you, Mama, in this moment. It's not always that we feel like the birth queens that we are. But as you sit here, I want you to visualize

the top of your head. And then I want you to place a crown on your head and lengthen your energy through your spine all the way into the crown still both sit bones beneath you left and right right and left allow your shoulders to soften your jaw to soften your temples your forehead your tongue and your toes

There's so much that we hold on to. I invite you to just let everything go.

Ideally, you're in a safe space in your home.

So just know that you're safe.

Exhale out any tension, any anxiety or stress,

Any desire to control or stay on schedule.

Embrace this time as

your own to spend with baby. Speak a deep inhale, reach your arms up.

Seal your hands at your heart in prayer.

Intention.

What do you want your intention to be for this time together? Whatever comes to mind.

Okay. And pull a little bit, right? I want you to feel your shoulder blades slide together behind you. And then I want you to think about exhaling, lifting your pelvic floor and feeling your transversive abdominals come together. Inhale, reach up and back. Good. Exhale. Come back down in front of you. So becoming a mom is amazing. And it can be very hard on our bodies and one of those spots are the chest because we're carrying kids around a lot. We're feeding, diapering, the whole nine. It kind of makes us punch forward quite a bit and oftentimes we're not even aware of it. Reach up and then just take a little sidebed look down. Keep pulling the arms back but don't just extend the belly. Hug your abs in. It should almost feel like you're doing a bit of a core workout trying to stabilize the body. seven six five four three two and one beautiful you're going to take the elbows right by your side and just pull the band apart and bring it back together a little bit so exhale engage your pelvic floor hug your abs in keep the elbows next to you So they don't go anywhere, right? They're glued to you, and you're externally rotating, sliding shoulder blades together, inhale, and come back. But pretty, please, add the core engagement. Some of you are like, I just had a baby, what's a core? It's there, I promise. You have a baby, and then your belly kind of turns to mush. It's literally magic how you feel so strong when you're pregnant, and then you have a baby, and you're like, what happened? It's all the shift in hormones. Don't worry. It's all going to come back. Now, open up and little pulse feeling upper back muscles, yeah? Core, pelvic floor, working for five.

You guys are like, I thought this was yoga. I promise you'll thank me later because having a tight neck and shoulders is not fun. Amazing. So are you now aware of your upper back. You're like, oh, I can sit up. So when those muscles get weak, right, we just kind of go here. So what I want us to now do is a little bit of pelvic floor and core activation. So you're going to say hi to your baby. Even if you need to hold baby, that's totally fine in this moment. You're going to exhale, lift the pelvic floor and bring the transverse terminals together. On the exhale,

inhale, lower the elevator, and let the doors open. Ready? So exhale, in and up, and inhale, open and lower. Again, exhale, front and back kegel, and inhale, let it go. Exhale, engage and lift, close the doors, nice long spine. Inhale, let it go. Three more.

Exhale. It's that feeling of stopping the flow of urine and holding a tooth. And then inhale. And you really need to start using those muscles immediate postpartum, right? So that when you have to get up and go to the bathroom, you can make it. So it's never too soon to start to activate your pelvic floor. So up next, we're going to exhale, activate and hold for 10, 9, 8, 7, 6, 6,

Hold 10, 9, 8, 7, lick that pelvic floor,

Mama, 6, 5, exhale, 4, get a little arm workout, 3, 2, and 1, right? Mommies can multitask, even though I don't suggest it, it's highly necessary. Okay, here we go. Place baby right underneath you, okay? And then we're going to come into a tabletop knee tap. So, flex your feet hug your abs in and up float your knees pulse for three exhale two exhale one tap your knees kiss baby little tricep activity all right here we go exhale abs in and up float your knees pulse three pulse two pulse one kiss baby again exhale hug your abs in. Float your knees. Float three. Float two. Float one. Keep your abs engage. Bend your elbows. Slooohy. One more. Exhale. Three, two and one. Beautiful. Keep your feet flex. Let's take a cat cow. Gaze at your belly. Hug your abs in and really try to pull your belly button up to your spine. Inhale, gaze up, pull your shoulder blades together. Spread your collarbone. Again, exhale around your spine.

Inhale, gaze up. One more time.

Exhale and lift your hips, downward facing dog. Fantastic.

We're going to roll into a high plank. So look at your belly, roll into that high plank, Drop your knees, kiss baby, and do it again. Hips up, downward facing dog and high plank, drop your knees.

Activate core, little bend, Chaturanga. Lift your hips up, heels down, roll into that plank, teaching your core to work again, yes? Tap your knees, bend and child pose, right?

So we can tickle toes while we're here. Stimulate, baby.

As we open the hips, lengthen the spine, connect to the breath, and then go ahead and walk your hands to the left. Try to walk your right fingertips longer than your left fingertips. Feel a deep, delicious release Under your scapula, every time I do this, I'm like, oh, I didn't know how much I needed it. Ooh, never underestimate a side bend. And then other side, reach, reach, reach. So you're thinking about opposing forces. Fingertips reach north, hips pull south. And the more you commit to that opposition, the more release you'll feel in the shoulder blades, the more length you'll feel in the side body. Amazing. Let's go ahead and you're going to swing your right foot forward, grab your baby safely, and come up into your high lunge, right? So you can have

your baby in a carrier or hold baby, yes, and then we're going to add some movement. Of course, if your baby can hold its head up, then you can play a little bit more. You go up and down, yes, we go up and down, up and down, beautiful. Give me two more and one, gorgeous. While you're here, one arm reaches up if you can, lift your head neck and shoulders, lift your chest, baby back bend, and you're going to open up into a wide second position right feet parallel sit the hips back into a lateral lunge for four and three beautiful if you can reach baby forward and back two and one amazing we're going to spin around do all of that in the other direction yes so you're going to bend and stretch and if reaching overhead as baby gets heavy as too much you can also reach baby forward and back okay so you have option and then reach up little baby back bend and come into your parallel position for your lateral lunge yes so sit the hips back come forward back and come forward amazing beautiful and then see if baby will be happy on its own for a bit as you externally rotate the feet inhale reach up find a goddess's arm inhale come up good hold the elbow points down as you exhale inhale reach up to work exhale Exhale, and inhale, beautiful. Exhale, inhale, feet are parallel. Hello, baby, forward fold. Walk your hands through your legs, let everything go. And then come into the lateral lunge, engage with baby, sweep the arm up and down. You have three more. Inhale, open and close. Allow the eyes to follow the fingertips. One more. Let's switch to the other side. Give a little tickle to baby. Really allow gravity to drain any tension out of your hips as you can. Eyes follow fingers. Inhale open. Good. One more time. Fantastic. Let's find a little squat, right? As comfortable as you can with that full squat. If it's too much, you can have a seat on two yoga blocks. I just want you to get in touch with your hips, right? Baby was sitting in your pelvis for quite a while. Then you birthed baby, even if it was a C-section, right? Pelvic floor and experiences a lot of trauma, whether your birth was fantastic or challenging, okay? It's just stress for the body. So you wanna try to make sure you take moments to alleviate and release that stress. And as well, we just hold a lot of tension in our hips, in our glutes. So I just want you to take time to let it be free. Amazing, amazing. One more breath. And then let's go ahead and have a seat on our bottoms. If you have a cushion or like yoga blocks, have a seat on it, okay? It always helps to elevate your hips a little bit, just a little bit easier to stretch. If baby's fine, great. Otherwise, if you have a carrier or you need to hold your baby or breastfeed your baby while you do that, Totally fine. The amount of workouts I have done with a boob out, I can't count. I just had to get it done. So, breathe. Lift your chest. Amazing. And then let's just do a spinal twist with one leg.

So postpartum, I still want you to realize that your core is very vulnerable. So we're going to limit twisting, right? We're not trying to twist a lot because we may have diocesus recti. That's when the core separates. Like where we come together, most of us come apart to a degree. So we want to be mindful that we're not doing a ton of forward flexion or a ton of twisting to make that worse. Conservatively, we want to give the body about six months to allow fascia to come back together on its own. And everyone's a little bit different, right?

But just be mindful that the way to heal is not a bunch of crunches, right, in running postpartum. All right. So, butterfly stretch, right?

Let's live, baby. And then separate your tutsies with your fingers, give it a little stretch, sit up nice and tall, roll shoulders back and down, and then exhale, forward fold, inhale, come up. Good, exhale, forward fold, inhale, roll up, two more, exhale, forward fold, exhale, forward fold, inhale, come up one more time forward fold and let's take that into a half straddle leave you can hinge forward feeling the nice release through the left hip tutsis facing up

and then other side a

little bouncers too are awesome um to have baby in while you work out.

I love to engage you. As long as you're close, sometimes you'll be surprised with how much they'll let you move. But as soon as they're mobile, I feel like once you get into a tabletop or once you come to the ground, they climb you like a play structure. It's just fun for them. So just embrace it and make it fun for you. So come into a nice wide straddle position and first try to see if you can keep your back really straight. Pull your shoulders back and down and breathe.

Baby blow bubbles that baby.

Motorboat.

And then see if you can just surrender.

And you can bring your baby with you all to your back. And now, if they can, they can just sit right there. I will do some bridges, right? We go up and down. They love it. It's a little right for them. Otherwise, they can just stay safely in their carrier, right?

Depending on how old they are. Beautiful. Now, thighs see parallel ground through your feet up and down we'll have 10 -4 try to take the arch out of your rack five ground through your big toes activate inner thighs and pelvic floor fold there reach baby up pulse two three four five six seven eight leg and ten Lower your hips. Go ahead and see if you're going to find a happy wee -bees. You can hug your wee. Pull your feet down by the side.

Then go ahead and extend the ladies out to the side in a full straddle. Circle the ankles round and round.

And other direction.

I'm using Amazing. Plant the soles of the feet together. Hug baby. And go ahead and just find a butterfly stretch.

Allow your eyes to close, remind yourself of your intention. Connect to your baby.

Connect to your womb. And just remind yourself that all the answers lie within you. You are doing an amazing job. This is a beautiful, chaotic, anxious journey. My hashtag for motherhood is beautiful chaos. So try your best during those chaotic moments to find the beauty because there will be plenty of chaos. But it doesn't mean it's wrong. It doesn't mean it's bad. It's just uncontrolled, unexpected, unplanned. As a mother, you have opportunities to stretch and grow every single day. Just think about a flower blossoming, although it doesn't feel as delicate as that process. There is growth, there is beauty, there is positivity. So honor your beauty, honor your strength. you safely two deep breaths and when you're ready gently use your top hand press into the floor not your baby and then just find a comfortable seat see if you can take a moment to place one hand on your heart one on your womb thank yourself for making time for yourself sharing it with me and your beautiful baby take a deep inhale reach up exhale seal your practice at your heart the light and we acknowledges the beautiful bright shining light and you mama have a blessed day namaste bye babies