



Video Transcript

Prenatal Yoga Empower and Relax Your Body

Hello, beautiful mama and welcome to your prenatal yoga flow. My name is Rachel and I would love for you to find your mat, a set of yoga blocks if you have it available. And either a bolster or a big pillow, even just one of those long ones from your couch, we'll work on that later. I want you to just give yourselves a round of applause for showing up for yourself. And I hope that by the end of this flow, you're just feeling loose, refreshed, and ready to continue with your day. And most importantly, connect it to yourself and your baby. I remember with both of my boys, that first trimester is kind of like, you know, like you're living in outer space. You're very connected, but you're like, am I pregnant. I don't really know. And then you enter the second and third trimester. And although you know you're pregnant, sometimes you just don't have the gift of connecting to this baby. You both are on this journey together. And if this is your first baby as a mother of two boys, five and two, I can tell you that tie is forever. that they literally, even though I'm no longer breastfeeding, still know when I get home and will wake up like a zombie as soon as I enter. So you are powerful. You're a beautiful birth queen, and I'm so happy we get to share space and time together. So with that said, I would love for you to just close your eyes, place one hand on baby, one hand on your heart, feel your sit bones beneath you. Take a deep inhale through the nose and just allow your belly to expand. One of my favorite parts of being pregnant is I never think about my belly. I just let it hang. I am going to teach you about staying engaged in your core, but right now just let everything go. Any anxiety, any frustration, any exhaustion any tight muscles neck back glutes and hips even try to soften your

calves and your feet your toes the body's working very hard to create a perfect new human your baby Honor your body. Thank your body for its magical powers.

And I just want to say one word. And when you hear that word, just see what comes up first for you.

Intention.

What would you like your intention for class to be?

Set it. See it. Feel it.

Take a deep inhale.

And exhale, sigh.

Close your mouth, inhale through the nose and exhale through the nose.

When you're ready, gently allow your eyes to open. Come back into the space and meet me in a tabletop position for a cat cow. Okay? So you're going to flex your feet and then exhale round your spine.

Inhale, gaze up. Exhale, round your spine.

Inhale, gaze up. We're going to take the block. Add that block to your inner thighs. Squeeze the inner thighs round the spine, feeling activation through your transverse abdominal's inner thigh and pelvic floor.

Inhale, gaze up. Exhale, engage round the spine.

inhale relax find neutral spine exhale squeeze the block engage your core and your pelvic floor float your knees this is what transverse abdominal activation feels like as well as pelvic floor make sure as you flow through class today you feel that support okay we're to do one more exhale float your knees engage pelvic floor inner eyes and core and then release fantastic now if I have yogis in the room who love yoga I'm going immediately give you a modification for a regular yoga class of how to modify a sudden salutation so you always want to work baby with a part you're going to exhale round your spine Inhale, gaze up, lift up into a downward facing dog, yes. And then tap those knees right back down, grab your arm extenders, sweep one lay forward, and that's how we come into a warrior, okay? And then walk your hands up your thigh so you feel supported. Inhale, come up, goddess arms as you come down, opening your heart inhale up exhale hands to block knee tap knee tap cat cow exhale round your spine inhale gaze up exhale downward facing dog bend your knees a lot stretch your spine a lot and extend we're going to do that again inhale bend your knees stretch your spine in your arms exhale extend drop your knees walk your hands to your blocks left leg forward curl the back toes under walk your hands up your thigh inhale reach up goddess arms lift your heart inhale reach up exhale forward fold drop your right knee tap your left knee hands to the earth cat cow exhale round inhale gaze up good you're gonna lift up to your Downward Facing Dog, beautiful, and then just walk your feet forward, hands to blocks, forward fold.

Inhale, flat back.

Exhale, fold. Three more.

Inhale, flat back.

Exhale, fold. Release the tension out of your low back. Inhale, lengthen, and exhale,

fold. Last one, inhale, lengthen. exhale for
 Down and up. Beautiful. Forward fold. Release the block to the ground.
 Slowly roll up, supporting the roll up with your hands. Inhale, reach up. Interlace
 fingertips. Release your index finger. Side bend to the right. Inhale.
 Exhale left. Inhale, baby back bend. Press the hips forward.
 Contract LooTs, lift pelvic floor. Exhale, forward fold, hands to thighs,
 hands to block, walk your knees back. Find your cat cow. Exhale,
 round your spine. Inhale, gaze up. Exhale, lift into your downward -facing dog.
 You're going to lift your right leg, open, and stack the hip. I want you to press
 back for five. Pulse four, three, two and one go ahead and drop that knee to the
 ground drop the other place your hands on your block step your right foot forward
 and find a warrior two open up good we're going to dance our warrior reaching up
 on the inhale exhale press inhale exhale shoot energy through your fingertips inhale
 reaching up and exhale press one more inhale reach exhale press reverse your warrior
 amazing two breaths here lifting up through the pelvic floor feeling release through
 your heart and come into a modified side angle really spin your heart up and reach
 energized through the fingertips again feeling a long lengthening and releasing through
 the side body beautiful cartwheel your hands down to your blocks both knees tap the
 floor both hands come to the earth round your spine inhale gaze up exhale lift your
 hips up downward facing dog hold there two breaths feel baby right just come up and
 out of the pelvis giving Release to the pelvis release to the low back and then
 lift your left leg up and over stack your hips square your shoulders Press back
 contract the glute five four three two and one you're gonna drop your knee to the
 earth one knee two knees both hands to blocks left leg comes up Drop that back
 heel open up way or two sit Sit deeply. Thighbone parallel to the floor.
 We dance. Inhale up. Exhale down. Drive through your heel.
 Feel your glutes activate and press down. You have two more. Up.
 Down. Up.
 Reverse your warrior. Holding there very little weight in your back hand. Another
 Deep inhale. And take your forearm to your thigh, reach up and over.
 Fantastic. Really feel like you're trying to touch the opposite side of the room
 with your fingertips. And then bring your hands down to your blocks, one knee down,
 two knees down. Cat cow. Exhale, round your spine.
 Inhale, gaze up. On that next breath, you're going to imagine you have a hula hoop
 on your hips on your waist, knee spread a little bit wider, and you're just going
 to circle the body round and round. Excellent tool during labor to release tension
 and discomfort. Also just a great way to get the blood flowing through the body, to
 connect to baby and body releasing any tension. Let's reverse the circles.
 Feel free to get the shoulders involved, the head, and the neck involved, we have
 five more. Allow the breath to keep moving through the body. Feel free to flutter
 the lips. Make a sigh out loud, whatever you need to do,
 and then lift your hips up, downward facing dog. Let's go ahead and pedal for 10,
 9, 8, 7, six five four three two and one straighten your legs tap your knees

you're going to go ahead and walk your hands to your block step both feet forward
 come back into your chair pose right hands to prayer you're going to squeeze the
 block float your heels and lower you have four more exhale up Inhale down.
 Exhale up. Inhale down. Cross your thumbs. Exhale up. Inhale down.
 On that next one, lift it up. Squeeze the block. Five. Four, abs tight. Three, two,
 one. Drop your heels. Reach up. You did it, beauty. Exhale, side bend to the right.
 Inhale, lengthen. Side bend to the left. Inhale,
 lengthen. Press your pelvis forward. Neutral pelvis, baby back bend holding there. Sit
 in your chair pose. Release your block forward fold.
 Inhale, lift to flap back. Exhale, walk your hands and your knees down to the
 earth. Cat cow.
 Good, lift up, downward facing, right leg up, open, stack the hips, circle the knee
 counterclockwise for five four three two and one you're going to go ahead and drop
 one knee two knees hands to blocks right leg forward lift back leg drop the heel
 warrior one pull the right hip point back interlace your fingertips behind you open
 your heart feel that least through the chest, the shoulders. Ah,
 inhale, reach up. Exhale, goddess arms, inhale, reach up. Hands to the blocks,
 left knee down, right knee down, hands to earth cat cow.
 Exhale, lift your hips, Downward Facing Dog, we pedal 10, 9, 8,
 7, 6, 5, 4, 3, 2,
 and 1.
 Reach it up. Pull the left hip point back. Square the hips. Interlace your
 fingertips. Pull down. Ha! Big breath, Mama. Inhale, deeply through the nose.
 Exhale, the way it feels best. Inhale, reach up. Exhale, goddess arms. Pull the
 elbow points down. Inhale, lengthen. Hands come to the blocks. Knees come to the
 earth. Cat, cow.
 Downward facing dog. See if you can go ahead and walk your hands back to the feet
 hands to thighs slowly Roll up roll the shoulders up back and down find mountain
 pose allow The breath to settle close
 your mouth deep inhale through the nose exhale through the nose what is your
 intention
 on your next breath hold there open your heart and exhale rotate through the spine
 sit as deep as you can opening up your hips come up come out rotate in the other
 direction come up come out and twist ah Ah.
 Inhale, exhale.
 Beautiful. Go ahead and parallel your feet. If you need the blocks, use them. We're
 going to do a wide leg forward fold. So that's going to look different for
 everyone, right? If your forearms can meet the earth, fantastic. Otherwise,
 you have blocks to support you or you just keep your arms long. Shift the weight
 forward into the balls of your feet and release consciously ask the muscles of the
 low back to let go the glutes the hips the pelvic floor let everything crack wide
 open let all of the tension right stagnation ooze out fear we hold a lot of fear
 tension stress in our nether regions. I don't know why that came to me.

But it's true, right? It's a very vulnerable place in our body. Let those hamstrings soften, lengthen.

Breathe,

breathe, breathe. And then gently bend your knees. You can use the blocks to support you and come down in a nice deep lateral stretch. Okay? You want to feel a release through the inner thigh, through the hamstring, and we're going to flow. So you can use the support of the block. Inhale, reach up and open, and circle the arm back down.

Amazing. Let's move it and groove it to the other side. Inhale, reaching up and over. Our body can get really tight during pregnancy and sometimes because we're so tired, we feel like not moving is better, but I promise you.

Every time you move, you will feel better. So even if it's like five minutes, ten minutes, that's totally fine. All right, we are going to practice our squat.

One or two blocks, I'll be gentle today. We can do a half squat to start, right? And what I really want you to work on is toe -healing the foot as wide as possible and keeping your spine really long, okay? If you have more flexibility, you can remove one block. But What I want you to try to do is just soften into this. Most of us are going to have a hip that wants to clench. I want you to say, stop it, you're safe. I promise, we're home. You could do this.

Connect to baby.

It's important that we practiced opening our hips, so we're ready to berth. Squatting is the best position to give birth in. The pelvic opening is widest in that position. And we want to open the doors as wide as we can to let out these beautiful creatures, yes? Awesome. Let's go ahead and switch sides.

Other knee comes up. To heel as wide as you can. Add a little pressure from the arm to the inner thigh. Drop your shoulders and breathe.

Relax your glutes, even I isn't doing it. Let go.

The unknown can be exciting and it can be scary. Both are true.

But learn to accept the things right that you cannot control and let go. Commit to a life of non -attachment. Awesome.

If you're able, let's try both legs. You can still use the support of the block or you can remove one.

Dream is all mammas walk around feeling like the queens they are on a daily basis. Kind of a lofty dream, but I'm going to dream it anyway. Two more deep inhales and exhales.

Amazing. Okay, so we're going to do chest openers because when We are pregnant. We have these bellies that get really big and boobies that grow as well. And it pulls us down. And then we have babies that we like change, play with, and feed all the time. And it just gets worse and worse. Yeah. So what we want to do is not give in to that, but actually build strength in the upper back. Slide the shoulder blades together. Engage the pelvic floor, the transverse abdominals, yeah and stretch and open our chest okay I would say with feeding breast or bottle remember let baby come to the breast let baby come to the bottle if you're always bringing

the bottle or bringing the breast to the baby you see what happens and then it's it hurts too bad I remember one night after my first baby even though I'm a lactation counselor counselor and a doula. I know better. I didn't do better. And there was one day I just took the baby and I fed him and then I handed him to his dad and I was like, I have to go get a massage because I'm in excruciating pain. So don't let it get that bad. Awesome. Let's take our arm across our chest, drop our ear to our shoulder. Uh -huh. Look down.

Inhale Inhale up. And if you're wondering, how am I going to make time for me after baby, especially for a workout? Bring your baby to your workout. It's like one of my tricks that I didn't even know was a trick. I started sharing with friends and on Instagram. And so many women were like, oh my gosh, I didn't think about that. I said, yeah, just bring them with especially when they're little, you just pop them on the floor next to you and they'll stay or you can wear them as you do certain moves. They love it in a carrier. The other thing is what you're doing is you're teaching them about wellness and fitness and you're also teaching them to prioritize mama's time. So I have delicious boys who want mommy to have mommy time, and that's because they always saw me take it. So without realizing it, I was teaching them about self-care for mommy. So much so that if my nail is like broken, my five-year-old's like, mommy is time I would hit her d'elston. Okay, so take one hand, two hands, make a little steeple behind your back and try to find prayer at your spine. As long as you're not rolling your shoulders forward, you can travel the steeple up your back. eventually palms can fully touch amazing if they don't amazing doesn't matter deep breath here and just imagine I'm pulling your elbow points back just crack open that tension let it ooze out remember to exhale let it go let it go let it flow let it flow and then we're going to interlace our fingertips behind our body pull the fist to the earth gaze up

gaze at me lift your fists away from your body

good interlace your fingertips in front of you round your spine inhale gaze up and exhale round so this is like a seeded cat cow it's really awesome If you've been sitting a lot to just stop what you're doing and do this, right? It could be in a chair, on the floor, on the edge of a couch, desk chair.

And then I just want you to feel like you're like picking apples. Oh my gosh, it's almost apple season in New York. And then you're going to go ahead and take a side bend. Third trimester, Side bends are amazing because you're going to start going, oh my goodness, do I have room to grow? Yep, whether you like it or not.

Other side, ground through your sit bones, pull your arms back and breathe.

Awesome. Let's take our arm up and over, side bend, reach,

and up and over side bend reach

amazing so you can stay seated especially if your hips are feeling tight on your block blocks work as two things in yoga as arm extenders when they're under our hands and when they're under our hips, it just helps relief tension,

right? When our hips are higher than like our knees, we're able to sit up straighter. So if you're the person that every time is trying to touch your toes and your back is like this, just sit up on a block and then do a hamstring stretch. Okay? So we're going to do a half straddle. Go ahead and just reach up and over. try to reach your arm behind your head feel that deep release to the hip the side body

beautiful and then switch sides come to the other side up and over and then you're going to go ahead and bring one leg out in front of you, other leg crosses the thigh for a figure four.

So sit up really tall, and then you can hinge forward, actively flex both feet, pretty please.

Two more breaths,

And then switch.

Hinge forward.

Awesome. Then let's find a butterfly stretch. Just flap your wings and when you're ready you can surrender to your stretch just drop your chin to your chest bow to your temple and

we're going to do a gentle spinal twist so i want your knee to kind of stay right in front of belly lengthen up and just twist up the bra line right so exhale twist lift through your heart and counter twist

Amazing. Let's try the other side, so other leg goes on top, lift up, and rotate at the bra line, keeping baby facing forward, drop your shoulders away from your ears,

and counter twist in the other direction.

And then when you're ready, you can stay seated on a block or not for a full straddle so spread your legs as wide as you can and then i like to use the blocks under my hands and i walk them forward and you can just allow the chest to hang a head to hang feeling a deep release through inner thighs backs of the legs shoulders Low back.

Take the time to thank yourself for making this time for yourself.

Commit to showing up for you, pouring into yourself because when mommy is good, everybody wins.

Even if you feel you're too tired, something is better than nothing.

And who knows, you might come to do five or 15 minutes and feel so energized you'll stay for 30.

Slowly roll up and we're going to use our blocks for a soup to Baddha Konasana, say that 20 times. All right. So you're making like a little L. And then you're going to take your bolster pillow and place it on top so our back is elevated.

And you're going to scoot your tush to the back of that pillow, lower your body down, butterfly your legs. You can connect with your baby or another lovely option is to flip your palms up, to spread your wings and just be and breathe.

I love to choose having my palms up because to me it always symbolizes my decision

to stay open and
my openness to receive.

We cannot receive the things we want in our life if we're closed. But I often remind myself and others it feels very vulnerable and sometimes scary to be open and to receive the very thing we're asking for. And oftentimes that's because it's familiar, or we've experienced pain, disappointment, or trauma.

So just know that as you journey into motherhood for the first time, second, or fifth,

you're deserving of healing, of staying open and receiving all that you desire.

When you're ready, place one hand on your belly, one on your heart,
just give yourself love and gratitude

slide your hands behind your thighs close your legs like a book and gently roll to your side using your top hand to support you as you come up into a seated position roll your shoulders up back and down for three for two for one inhale reach up look up gaze up as you exhale and seal your practice at your heart the light in me acknowledges the light in you i wish you a beautiful and healthy pregnancy and the happiest birthday ever in the history of birthdays thank you so much i'm rachel and I'm always here for you. Hope to see you again soon. Bye.