



Video Transcript

Postnatal Gentle Yoga Flow

Hi, my name is Ariana, and today we're going to go through a gentle 15-minute postnatal flow. So really, the fourth trimester, as I'm sure you're feeling and know, is probably the most important for you. And that's exactly what we're going to do here today, is take care of ourselves together and create this space that we can return to anytime we need, when you need a break from caretaking and you need a break from providing all the space.

and all the love and all the time, constantly to your little one or little ones, come back to this practice. Use it as a way to reset, to recenter, and feel a little bit more present in your body. So all we're going to need today, two blocks. You can grab them, have them ready, have them handy. And then one poofy pillow or a bolster if you have it at home. I'm going to use just a poofy pillow from the bed. So whatever you need.

You can pause for a second, go grab it. We're going to get started in constructive rest on our backs. So once you have your props, meet me down on the mat. Your knees are going to come in to kiss. Your feet are going to be the width of the mat. You're going to have your hands either one hand on your heart, one hand on your belly, or let them fall at your sides. I'm going to choose to let mine fall at my sides. And then once you've gotten settled, take a moment to close your eyes.

Just observing this quiet space. Whether you're making the most of your morning before your baby wakes up, or maybe this is the first time you've been able to lie down and sit down and be quiet for today. Whatever you chose, I'm so happy that you took this moment for you. Allow yourself to surrender to the mat, to the support you need. To settle our nervous system, to prepare it for the day.

or to wash it away from the day. We'll take those three deep breaths in the nose, exhaling out the mouth, breathing in and out, inhaling and exhaling. One more big inhale and exhale, using that as an opportunity whenever you need to check in with yourself. Let that be your reset and your anchor for today's practice. As we shift our breath,

to our ujjayi, our more powerful ocean-like breath through the nose and out the nose, mentally scanning the body to notice those places where we can send just a bit more space, a bit more openness and freedom. On that next exhale, bringing the palms to the thighs, letting the knees fall apart and then come into the chest, give them a nice big squeeze. Flex and point the toes, rocking the side to side.

We'll rock forward and back till we rock up to seated. Good. Crisscross through the feet. Stay seated. Keep your sits bones nice and grounded. From here, we're going to take a nice inhale, rising up a flat back, and then exhale just easy round forward fold. Let the chin hang heavy. Let this be about opening up the spine, especially if it's early in the morning. It'll feel so, so good. If it's later in the day, focus on the jaw, on the face. Where are we holding tension?

Two to three big breaths. Let the belly just flow naturally. Nothing to change or fix. Just being right here. Last big inhale. Exhale, slowly rising up. Bumping through. Making sure you have your pillow ready. We'll use it in a bit. We're going to start with our cat cow. Pressing the palms underneath. So taking wrist to shoulder, wrist to shoulder. Knees underneath the hips. Untuck the toes. Press the mat away. Inhale, arch.

Gazing up. Exhale, hollowing out. Taking this at your own pace, in your own rhythm. If you need to pause an area or move through quicker in other spaces, take the next two to flow on your own, choosing what you need. Good. Exhale. And one more big inhale. And exhale. Bringing the spine back to neutral, tuck the toes under. We're going to stretch into the arches of our feet, into our shoulders.

sitting the butt back if this feels really tight you can always place a yoga block underneath your pelvis your hips to sit on to create less tension or weight you can also untuck the toes at any point good as we get settled here we're going to cross the arms to do a little stretch between our shoulder blades it's really the best so we're going to take our eagle wrap arms that we're going to treat them a little differently wrapping our right underneath our left let our palms meet if they don't meet

You can always go the backs of your palms. That's totally okay. There's no right or wrong way here. So once you've eagle-wrapped your arms, lifting the elbows up in line with the shoulders, take a big inhale breath. And then on the exhale, you want to hollow out the back and the belly. Good. Inhale, rise up. Exhale, hollow. It's a slight core exercise, but mostly you should feel this big, intense opening across the upper back. One more. Good. Exhale.

Nice. Unwind. The arms open. The chest out. Tap the toes. I bet they feel pretty spicy. Sit back to the heels. Take a nice inhale. Lift the arms up. Exhale. Quick cactus to reverse that in your chest. Pull the elbows down. Lift your chest up. Your heart center. Good. We'll take the left side. So now you reach your palms out. Wrap the left underneath the right. Let them meet in front. Elbows in line with the shoulders. Take a nice big inhale, lift up. Exhale, hollow out the upper back. Notice this space across my shoulder blades. You want to feel that stretch, region from shoulder to shoulder, expanding and broadening so they can fall a little bit easier. Good.

Releasing that tension we hold in our upper back oh so often. And exhale, rising back up. Release, roll through the wrists.

One more time. Inhale, open up. Exhale, quick cactus of the arms, palms facing forward, pulling the elbows down, almost like you're holding a towel and you're pulling it. This active opening

across the chest. Good. Release down. When you're ready, we'll take our down dog. Tuck the toes under.

Nice, treading through the feet. Right and left. Maybe it's your first down dog in a really long time, and I'm so happy that you're here. Maybe you've been doing this quite often. Let this be your home base. This is a great place to check in with how we're feeling. Our feet hip-width distance. Good, let your heels fall. When you're ready, send your right leg long, three-legged dog. Bend your knees, step it through to your low lunge.

Lower your back knee, untuck your toes. You're going to rise up for a second to make sure that your knee is tracking in line with your ankle. If that looks good and feels good for you, place your left arm down. You're going to take your right arm and it's going to find your inner thigh. You're going to press your right leg away, rolling to the pinky toe edge of your right leg. I always like to look out to the left, almost like I'm creating more space. This should feel really, really juicy into the hip and the outer thigh. Two breaths here.

Coming back to center, you're going to press through that right leg. Tuck the left toes under, forward fold. Give a little shimmy in your knees if you need. You can bend right to left. Grab at your elbows. Just let yourself hang here. Ragdoll pose, swaying side to side. You can straighten your legs, bend your legs, whatever you need. Placing your hands back down.

You're going to step your right toes back. Now we're into our left low lunge. Lower the right knee, untuck the toes. Same thing. Make sure knee tracks over the ankle. Bring your right palm down, left hand to left inner thigh. Press the knee away, gazing out over the right shoulder. Two breaths. This one can feel pretty deep, so make sure that you're gentle with yourself as you move through this flow, especially in this pose. One of my favorites.

Good. Especially if you've been sitting a lot. Coming back to center. Stepping into the left leg. Tuck the toes under. Forward fold. Give a little shimmy and shake into the knees. You're going to bend your left knee. Bring your left palm down to the mat. Peel your right fingertips up. Feel this straight stretch from right pinky toe all the way to the right edge of your hip. Big breath in. Long breath out. On the exhale, bring the palms back down. We switch.

Bend your right knee. Right palm comes down to the mat. Reach your left fingertips up. Open up your chest and heart. Gazing up to the ceiling. That outer edge of the left thigh all the way down to the left pinky toe. Come back to center. Good. We're going to step our feet back into our down dog. Give it a little wiggle. Side to side. Then you're ready. You're going to bend your knees lower down to your table pose. And it's time for our pillow.

We're going to take a supported spinal twist before we end our practice. So you'll take your pillow long ways facing the length of the mat. I'll start on the left side. I always call this like the little mermaid on the rock. You're going to face your left hip to the edge of the pillow. Let your knees be nice and loose. And then all we're going to do is simply turn our chest so our palms bring the pillow. Lower our chest down. And now if you want to be gentle,

You can have your gaze facing towards the direction of your knees. This is a great place to be, and it's a very subtle twist. If you want to intensify the twist, you can switch your cheek so your right cheek lays down onto the pillow. I'm going to stay here on this side, but we're going to take about three breaths in this pose until we switch to the other side. So really let your chest and your body fall to the support below.

Relaxing your palms, your fingertips. Just resting here. When you're ready, walking the palms back, rising up. You're going to rotate onto your hips. You can do a quick little windshield wipe side to side of your knees until they fall to the opposite side. From here, you'll adjust your right hip in line with the pillow. Same thing, your hands will come to frame the pillow. You'll slowly lower your chest down. Your gaze can follow.

And make sure your head's on the pillow, not falling off. You want to have it be from your hip to your head. Your gaze can follow your left knee or the direction of your knees for a gentle twist. I'm going to face you for just a little bit deeper twist. So on to my left cheek. We'll be here for three breaths together. Let it feel as squishy and lovely as it looks. It should feel really, really good. On your next breath, you'll slowly lift your chest up.

Coming back onto your hips, you can leave the pillow where it was. Just shimmy your knees side to side one last time. And then if you'd like and you want a little extra support, we're gonna take a supported frog pose to end. You can certainly leave your pillow here, which I'm gonna do, but if it doesn't feel comfortable or right for you, you can remove it and we'll just lie flat onto the mat. So scoot your pelvis all the way back in line with the pillow. Lower your spine so that your head has a place to rest. Let your feet kiss, let your knees fall out.

I personally love to rest my hands right near my inner thighs or let them fall at my side. Once you've gotten comfortable here, but you haven't already, you can rest your eyes as we come to the close of our short practice, noticing how powerful it was to shift our mind and body through these gentle movements, allowing yourself to continually carve out this space in your day.

And I welcome you to spend as much time as you need in this pose. So I will leave you here, my friends. Please enjoy. Take as much time as you need. And I'll see you next time on The Math. Thank you.