



Video Transcript

Pregnancy Yoga Flow 2nd Trimester

Hi friends, my name is Ariana, and I am thrilled, truly a privilege, to lead you this morning on a 30-minute second trimester pregnancy flow. This is certainly a practice you could do in your first trimester, and it's really mama's choice in third trimester, depending on how you're feeling, and of course, listen to your body, make modifications as you need, and please, please support yourself. We're going to start in child's pose today.

But before we get into that, and as you're getting comfy, we're going to use a couple props. Super important to use props, especially in our prenatal yoga work. Our body needs a little bit of support. There's a lot of changes happening. So I recommend grabbing, could be bed pillows, some big pillows off a couch. Have two pillows. These will be to support our back at some point within our Shavasana. And then have just a smaller pillow from your bed that's going to go under your knees.

And you can even roll up a blanket. So grab those props if they're nearby or pause. Go grab them and come back. And then have two yoga blocks. If you don't have a yoga block around, a water bottle or a can, really anything that can elevate you a bit. But once you've got your props and you have everything, have it set up. Take your child's pose. Your toes are going to kiss. Your knees are going to be nice and wide. We want to make sure that we have some good space for our belly. If at any point your feet start to cramp or feel a little funky, you can always come up and tap your toes out or tuck your toes under. Good. So toes kiss, knees wide. Walk your palms nice and long. Good. Rest your forehead down on the mat. Feel your fingertips stretched and let yourself settle in here.

We take this moment of quiet, of calm to transition. It's this first time, whether you're starting your day or ending your day or in the middle of your day on the mat, this is when we practice the discipline of arriving. So allowing our full mind and our full body to be right here. Whatever swirl is happening around us mentally or physically, that's okay. We simply say yes.

to this exact moment and we'll allow ourselves to land a bit deeper with three deep breaths breathing in the nose exhaling out the mouth to let yourself settle to shake off whatever you need to big inhale in long exhale out inhale in and exhale out feel the movement in the belly the lungs inhale in exhale out good

allowing this breath to be your guide. And if at any point you feel a bit out of breath, that's okay. Give yourself a second to come back here to that big inhale and exhale. On your next inhale, breath in, slowly rolling up through your spine. We're going to meet in table pose. So we'll bring our palms forward, have your wrists in line with your shoulders, have your toes untucked so the tops of your feet pressed to the mat. Again,

If your feet are feeling a little swollen or a little tight, tuck your toes underneath so you get that little stretch behind your big toe and your arches. It feels really good. Press through the palms, almost like you're tearing the mat apart. Inhale, let the belly fall. Open the chest. And then exhale, push the floor away. Hollow out, rounding through your spine. Always give yourself a little wiggle. Let this be explorative. Inhale, open an arch.

Exhale. Hollow push away. Think nose towards the chest. One more big inhale. Open up. Good. Exhale. And we can take one more big one for good measure. Inhale. Open. And exhale. Push the mat away. Round out. Feel that good separation in the shoulders. Give a little release to the low back. Nice. Then we'll press back again to child's pose. Toes kiss. Knees wide. Send the hips.

I always like to do a nice wiggle. You know, there's a body's changing. We're feeling a little different in our physical body. Explore. Wiggling side to side, reaching the fingertips. One big breath. Exhale. Let it go. Good. Anyhow, we roll back up through the spine. We're going to be in table pose. I'm going to face you to set this up. We're going to take our inner thigh rotations. So you'll be back in table pose. Take your right leg long, big toes. Very important. They face forward. Press your pinky toe down. Pinky toe edge.

Your left hand presses down right below your chest. And then you're going to inhale. Push the floor away. Rotate the chest open. And then exhale. You're going to thread the needle through just ever so slightly looking towards your left hand. You should feel a nice big stretch here in the right inner thigh. Inhale. Nice and slow. Exhale. Hollow through. Inhale. Open up. And exhale. One more big inhale, peel up. Reach your fingertips, exhale, thread through. Then we're going to come back as you thread through, right, meeting you here. You're going to reach your right arm long. Bring your knees back in line with you. Reach your left leg long. Good. Find a moment here. This may feel a little funky as we're changing how our core feels. Have your nose pointing down. This is our spinal balancing. We're just going to hold here.

Find our breath, a little bit of moment of heat. Lift up through your chest. And then if you feel good, you can bend your back knee. Sweep your hand around to find your toes. Press your toes into your hand. Lift up through the shoulders. Take one big breath here. I know this one feels pretty funky, especially as our weight shifts. Good, then exhale. Let it go. Knees wide, toes kissed. Child's pose one more time. Using those big breaths.

See how the hips change surrender every time we revisit Child's Pose. Good. On your next inhale, slowly rolling back up. This time, we're going to take our inner thigh stretch on the left side. Reach your left leg out. Notice how your leg from your ankle to your knee to your hips should be in one long line. Now your right hand is to the center of your chest. Peel your left

fingertips up. Open up your hips, your chest. Feel your belly opening out. Get a good stretch across shoulder to shoulder.

Exhale, thread through. Inhale, open up. Exhale. You can really control the depth, how long you want.

to be in the pose fourth one inhale reach let it feel like a big opening almost like a morning stretch exhale good bring yourself back to center palms meet you're gonna flex the right toes back left arm forward so this is opposite right leg back left arm forward think about trying to lift the belly just ever so slightly focusing on the chest always nose pointing down we don't want to have our head forward notice how my neck

It's getting a little crank in my neck. Reach here and just breathe. This should feel pretty active. It could feel a little funky. Now to equal out and balance out both sides, you'll bend your back knee. Toes find the hand. Press the toes into the hand. Create that activation. Lift upper the chest. Are we breathing? Good. I had to catch myself. Take one more big breath in. Exhale. Last time, child's pose.

toes kiss knees wide feel that goes stretch into the thighs rest your forehead the third eye almost like a massage on the mat good exhale out nice inhale rolling up this time as we pass through table and this is really based on mom's choice we're going to take a wide down dog wide down dog is going to be your best friend during pre and postnatal take your knees wide your toes wide press your hips up

Almost as if your feet are towards the width of the mat. So you have room for your belly to fall. Depending on how you feel, again, make modifications if you want. And then you'll just tread through knee to knee. Good. Let the head fall. Press through the fingertips. Nice. You can press up to your tippy toes. Get a nice big stretch here. Exhale out the mouth. Let it all go. Then we're going to bend our knees. We're actually going to walk our hands back to our feet.

So as we're, you know, moving through pregnancy, notice that things are going to feel different. We're not going to do chaturanga. We're going to walk our palms up through our thighs to come to standing. We want to be really gentle with our bodies, but know when we need to push ourselves. Step the feet together back at the back of the mat. Take an inhale, reach the palms up overhead. You're going to take your right hand to your right hip. We'll just take a nice gentle side bend here. Focusing as we take our side bend, think that your hips and your shoulders are like headlights.

We want to make sure that they point right towards the front of the mat. We don't want to cave in or cave out too much. Good. Take an inhale, rise up. Palms meet overhead. Big breath in. Exhale, opposite left hand to left hip. Good. Continuing that breath. In the nose, out the nose. Nice and easy. Inhale, rise back up here. We're going to step our feet nice and wide again. And we're going to slowly bend, rolling down, walking through our legs, taking a nice wide forward fold. You can walk the palms a little bit farther forward, just wiggling out for the hips. This is a new type of forward fold. I'm sure you're used to feeling a little bit different than when we were pre-pregnant. So just giving yourself a moment here to stretch the backs of the legs, the hamstrings. Coming back up, you'll walk the palms on an inhale, rising back up. Stepping the feet back together, step the right foot forward into our high lunge. Keep the back toes, left toes high, almost like they're in a stiletto. Reach the fingertips up and give yourself a second to settle here. Can you soften the muscles of your face? Can you relax the low back?

Reach the fingertips long. Let the shoulders fall. Big breath in. On the exhale, you can break your hands to heart center and we'll slowly, slowly lower our back knee down. untuck our back toes into a low lunge. Things to help me feel a little different as our body is going through a ton of changes. Now at the start of class, we asked for a block or a water bottle. You're gonna grab that and you're gonna place it on the right side of your right hip. Have it on its highest height. We're gonna take a supported side bend. So your right hand, I'll face you, will be on the block. Your left hand's gonna reach overhead.

You're going to feel like you're pressing into your left hip, getting that nice big stretch in the front of the left leg. I like to close my eyes a lot when I get into the deepest part of the stretch so I can really feel what it feels like in my body, right? To process and listen and build that intuition to when I need to stop and when I need to push. And that's super, super important here. Give yourself a nice big breath. Then you're going to inhale, rise up from our side bend. We can take our other block.

Again, at its highest height. Now, because we have a human that we are growing, we're gonna take our half split, but we're gonna need to bring our right foot out ever so slightly on an angle, right? You can flex or point your toes. As you take your half split, you'll walk the blocks at their highest height, giving room for your belly to fall next to your thigh. Most importantly is relaxing your neck and your head. So the blocks could go right out in front. They could frame the foot. This is really about you listening to what feels good in your right hamstring. And we'll spend about three to four breaths here. So again, give yourself that opportunity. Close your eyes. Settle in. This can feel like a lot if it's been quite some time. We've moved in this way. How special it is to show up right here for yourself. Two more breaths. Feel the hips pressing back. But feel the chest and the arms pulling forward. One more big breath in. When you're ready, walk the palms back using the blocks so it's easier for us to move. Good. You can press through that lunge one more time. Open the hips. And then when you're ready, you're going to sweep the right leg around. And we're going to come back into our wide down dog. Have the blocks at the sides. It'll be easier for this next round. Walk the palms long. Again, knees are as wide as the mat. Toes are as wide as the mat.

Rise back up. A big breath in. A long breath out. When you're ready, bend the knees. Walk the hands up to the thighs. Good. Slowly lift yourself up. Beautiful. Step the feet back together. We reset. Inhale, big breath in. Exhale, side bend to the right. See, now you're familiar with what's coming next. So you can let yourself get a little bit deeper. Maybe close your eyes. Just check it. Side bend to the left. Inhale. Good. Exhale. Pass the palms through heart center. This time, left leg steps forward for our high lunge on the left side. Think knee in line with ankle. Back toes lifted. Squeeze through the right glute. Palms up. Soften the gaze. Soften the shoulders. Good. Feel a nice, proud chest as we're looking up and out, opening across the shoulders. Very slowly. Hands come to heart center as we gently lower the back knee down.

Untuck the back toes if that feels good. When you lunge, really make sure that your knee is in line with your ankle. You're not knee over your toes to protect our knee health, especially now. The block is here for you at its highest height. Place your palm to the block. Reach your right arm forward and over for a supported side bend in our low lunge. Two breaths here. As you inhale, we transition into our half split. Palms again will walk forward at their highest height.

We want to shimmy your left leg to the corner of the mat to give room for our belly to fall. So as we shimmy our leg over, use the blocks again to walk out. They can either frame the foot, if that feels good to you, or come to the inside of the foot right in front of your chest. Once you feel like you're in a very comfortable position for your body, exhale and let the head fall. Give yourself those three to four slow breaths.

Relaxing through the foot. You may even feel a nice stretch at the top of the foot. If you want to intensify it, you can flex, but we'll get to that on the next round. Using the breath to drop in. Noticing how the hips feel. Noticing how the body feel. On your next inhale, slowly walk the palms back. You can frame the foot. You can come back into your low lunge. A nice big inhale breath. Good. Opening up the chest.

And then exhale. Walk the palms around. Knee sweeps around. We'll take our wide child's pose. Knees are wide. Toes kiss. Walk the palms. Notice if it feels a little different. We've stretched and we've wiggled. You might feel a little bit deeper. Give yourself a nice big breath in. Exhale out. As you roll up, we reset. Take our wide down dog. Have your toes to the width of the mat. Palms press through.

You can give a little shimmy in the knees or just find stillness. Press the hips back. Bending in the knees. The heels come flat. Walk the hands back to the feet. Walk up the thighs, depending how the body feels. Step the feet together. Palms up overhead. We repeat. Listen closely. We'll make some changes. Side bend to the right. Inhale, rise back up. Side bend to the left. Good. Inhale, rise back up. This time stepping the right foot forward and out.

reaching the palms up overhead. You've been here before. Let yourself sink a little bit deeper now. Can you get just a little bit fuller? Reach the fingertips longer. Take up space. Exhale, hands to heart center. Slowly lower that back knee. Untuck the toes. Feel the knee over the ankle. Now, what we talked about originally, your blocks should be here to support you. Right hand comes to the right block at its highest height.

Left hand reaches overhead, supported side bend. Exhale. You're going to straighten the front leg. Take your half split. If you were feeling really good on this first round, flex your toes this time. It'll really intensify it. Or go back to this. Do what feels best in your body. Give yourself two breaths here. Feel the hips nice and square. When you're ready, the blocks and extension of your arms.

Bringing you back into your low lunge. This time we're going to tuck the back toes under. We're going to rise up into a warrior two. So you pass through your high lunge. Rotate your back toes out. I'm going to adjust myself on the mat. Think heel traces to the arch or the instep of your left foot. Palms are nice and grounded. You want to think knee tracking over your ankle. Good. Give yourself a second to settle in here. Gaze looks out over your front fingertips. Good. A nice big breath in.

On the exhale, the left hand is going to come to the left hip or slide down back the left leg.

You're going to reach your right arm overhead for a reverse warrior. This should feel so lovely and juicy in your right side body. Take a bigger bend in your right leg. Are you breathing? Good. Inhale, rise back up. We're going to straighten our front leg, but before we do, we're going to grab the block that's on this side. At its highest height, place it at our ankle bone.

As we reach our palms long triangle, we want to open up our side body, tip, tip over till our palm finds the block and our left fingertips trace a nice long line from shoulder to shoulder to palm. I

find that this pose is extremely helpful during first, second and third trimester for opening up our hips and relieving low back pain. So keep this one in your back pocket for when you need it later on in your pregnancy. Big breath in, long breath out.

Exhale, gazing down. Inhale, bend your knee, rise back up. We're going to step our hands, windmill our hands down, all the way back to our low lunge. Things can feel a little funky when we're pregnant, depending on how our body feels. Meet back into our wide down dog. Toes tuck under the width of the mat. Give yourself a wiggle. Bend the knees again. Walk the palms back to meet the feet. Walk up the thighs, depending how you feel. Step the feet back together.

Inhale, reach the palms up.

Exhale, step the left foot forward into our high lunge. You can adjust. Take a couple steps, a couple wiggles. Shoulders fall. Soften the jaw. Soften the face. Hands to heart center. On the exhale, slowly lower down. Good. Nice control. Untuck the back toes. This block is here ready for you. Left hand to the block. Keeping your weight pressed forward into the heel of your front foot. Supported side bend.

Again, chest, hips, shoulders all facing the front of your mat. Good. Inhale, rise up. Your right hand finds the block. We reach the palms forward. We take our half split. I'm going to bring my palms to the inside. You can bring them on the outside. Flex your toes if you did on the first side. Make sure that they're nice and even. Two breaths here. Good. Inhaling in and exhaling out.

Notice if you're able to let go just a little bit more tension.

On the inhale, walk the palms back up. You can use them to help bend back into the left leg. We are going to open out into warrior two. Tuck the toes under. Again, left heel tracing a line to the arch of the right foot. Good. Feel the palms engaged, pressing down. Shoulders pressed. Settle in. Big breath in. Long breath out. Hand can come to the hip or slide down the leg. Reverse warrior.

palm you're gazing up at your palm getting this big bed big stretch to the left side of the body. On your inhale, rising back up, you're going to straighten your leg. You'll grab your block, place it again to your ankle, and you're going to tip over, creating space still from this left ribcage to the left hip into our supported triangle pose. Left palm down, right arm peels up towards the ceiling. Nice big reach from the fingertip to fingertip. Think about keeping the hips as open as possible.

So almost as if the body is between two panes of glass. Good. Big breath in. Long breath out as we gaze down, bend in the knee, rising back up. We're going to windmill the arms again down, lowering our back knee. You can move the block to the side and meet into a nice wide child's pose. Good. Give yourself a second to settle here. Let the belly fall. Let the forehead rest.

Notice the changes.

Notice how the body feels. Starting to slow down as we roll up. Sitting onto our heels, we're going to take what I call fire log pose. This is like your beautiful version of pigeon. If you know fire log, love it. Love that for you. You're going to sit onto your butt. You're going to face the front of your mat. It's truly like we're saying fire log. You're going to stack your shin and shin. So I'm going to start with my left side. My hips are tight, so you'll probably be able to get into this a lot better than I will.

You want to stack shin to shin because this beautiful little space here is for your baby to fall as you stretch into your hips. It's honestly luxurious. Yours may be a little bit more open or you may

look like me. I can't really get this knee down. It's really tight for me. So be gentle with yourself. If you want, you can have a block here for your forehead. Otherwise, just inching the palms, letting yourself rest. And we'll be here for about three to four breaths.

You should feel this like the most deep, luscious massage onto your outer glutes. And boy, can I tell you, you're going to need this after standing, walking all the things with carrying a baby. So I'll be quiet here and let us settle in. Start to notice any tension we're holding in our face, our jaw, our shoulders, and in our mind. Where can we let that go?

Notice sensations in the body. How can we soften them and greet them with breath? Even the difficult ones. Even the sticky, more complex sensations. When you're ready, slowly walk the palms up. You can move the block if you used it for your forehead. Probably a little mark there. When you're ready, uncross the legs. Shimmy out through the knees. Let it feel good.

Walk your palms back. Just a really gentle windshield wipe side to side should feel pretty nice. Like you're washing out whatever tension we just had. Now we're going to take the opposite side. So I had my left shin. Now you can take your right shin forward. If you did the other side, totally okay. We're going to balance out. Fire logs, right? We want to stack them on top of each other. So we'll take shin and shin. I almost think like heel to knee. I told you, I'm tight. So if yours are stacked beautifully, go you.

I'm going to take the block again for myself. Once you feel like both hips are nice and rooted, nice and grounded, walk the palms forward, really long, low, flat back. And just let yourself rest here again, three to four breaths. It's important that you don't have to fold down if this feels good to you, just being on an angle. Be gentle with yourself. Now is the time to really listen and be gentle. Soften the breath. Notice when it feels difficult.

Where do we lean in? Where do we show up for ourselves just a little bit more with some compassion? When you're ready, slowly on your next exhale, rolling up, removing your block. Ooh, that one feels like a doozy. Uncross the legs, shimmy out into the knees one more time. Just windshield wipe side to side. Now, if you grabbed your blankets, your pillows, that's when we're going to get into this. So you can un-move your blocks.

You're going to grab your biggest pillow that you grab from your couch or your bed. You're going to place it on the far end side. This is where you're going to lay. You're going to grab a second pillow that you had and you're going to stack it on top. This looks and feels as good as you can imagine. Take your tiny pillow or your rolled up blanket and you're going to place it below your knees. And it's okay if it takes a while to get into this. Totally fine. Make sure that you have some support to your low spine.

We're going to take a supported shavasana. If the knees fall out naturally, that's okay. Let yourself get comfy. This should feel like some nice release and support to the low back. Let the belly just fall. The knees slightly fall out. That's okay. With my palms, I think sometimes it's nice to just rest them on my belly. Maybe you feel baby. Or maybe you want your chest to open to let your palms fall. But once you get settled in here, let the shoulders fall. Take a big inhale in. Exhale up. Let's do that one more time. Inhale and exhale. Softening the face and the jaw. Notice any difference in how the body feels from when we first came to our mat to now. What a gift it is to have this quiet time together. And we'll be resting here for the next one to two minutes. So I will let you be in this pose as long as you need.

can gently bring yourself out of it at any point so with that thank you so much for practicing with me enjoy your luscious shavasana you deserve it and I will see you next time thank you friends