

Video Transcript

Pregnancy Yoga Flow 3rd Trimester

Hi friends. My name is Ariana, and today we're gonna go through a third trimester just gentle pregnancy flow. Truly, this should be the time to be inward, to move a bit slower, uh, check in with our bodies, check in with ourselves. So as we get into today's flow, if at any point you need to make modifications, just take a pause.

I encourage you to do so. There's a lot going on in our bodies during this trimester, so try to be gentle with yourselves and thank you for letting me guide you. We're gonna start in child's pose, um, but before we do, we're gonna take a couple props. So have them ready at any point. Um, you know, you can just grab from your couch, grab from your bed.

We'll have two big pillows, nice and fluffy ones. It can be bed pillows, couch pillows. Again, have them at the side. We'll use them in Shavasana. Grab some yoga blocks if you have them. We'll be using them to help support ourselves, especially now more than ever. Our bodies are tired, so make sure you have the support you need to feel good and feel empowered in each pose.

So two blocks or a water bottle, anything you need to put your hands on. And then a smaller pillow can be just a little side pillow, um, to put under our knees so that our low backs feel really, really taken care of. So grab your props. You have to pause to go grab them. Take your time. Uh, if you already have them ready.

'cause you were like, I wanna just luxuriate, uh, go you. Have them set to the side so they're readily available for you. Again, starting in child's pose, knees to the width of the mat. Toes tucked under. I'm sure your feet feel a little swollen right now, so at any point you need to just tap your feet or tuck your toes under and take a break.

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Please do that for yourself. I'm here for you. Getting into our child's pose, walking our palms long, resting or forehead, let the belly fall. Wiggle in the hips just to see how we're feeling today. And let yourself settle in.

Notice how the chest falls, soften your face, your forehead head,

and just simply be an observer here of our internal landscape.

So there could be a lot of commotion in the body, in the mind, and that's okay.

We use this flow to prepare our mind and body. For what is to come with birth, with being a mother, a caretaker, it requires immense patience and compassion with ourselves. And that practice starts here on the mat. Big breath in, long breath out. To surrender. Let go of what we cannot control in this moment.

Big breath in. Long breath out.

Good. One more.

And exhale let it go.

Using this breath to be our guide or anchor. When you're ready on your inhale, slowly creep up through the palms. Bring the knees underneath the hips, palms underneath the shoulders. We take our cat cow. Inhale. Arch gazing up. Let the belly fall. Feel the shoulders pull back, exhale, hollow out. You can tuck the toes under for a little bit more of, I would say, a push connection.

Feel that stretch in the belly. Push the shoulders away. Inhale, open, arch. Good exhale. Let this feel nice to the low back, which I'm sure is really carrying a lot of weight. So let this be that nice stretch. If you need to push back a bit into the knees. Really take this time to explore what feels good.

Inhale and art. Exhale, hollow out the when you're ready, coming back to table pose. Knees can be nice and wide. Keep the toes tucked under. We're gonna sit our butt to our heels. If this feels crazy and you're like, oh my gosh, Arianna, absolutely not. Tuck with your toes tucked under to stretch your arches.

Place a block underneath your butt to your heels. You can sit on it and that'll relieve the pressure just ever so slightly. You can also at any point untuck the toes and just stay seated. Good. So having the toes tucked, we're gonna stretch into our feet. They need some good blood flow here. And simultaneously, take your right hand to your left temple.

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Let your right ear fall. The left palm can just rest on your thigh. Just a little neck stretch. Imagine that there's just a gentle weight. Pulling the left shoulder down. Don't yank onto the head. Let it be very, very subtle, and just breathe here, creating space.

Our breath is such an important part of repairing our body and mind for any big life transition,

so we really allow ourselves to grow quiet here and really focus on that sensation of breathing. The exhale release, the palm can roll through the wrist, tap through the toes, and sitting the butt back will equal out left palm to right temple. Again, right hand can just rest on the thigh or at your side.

Opening up the right side of your neck so you can feel a little bit taller, a little bit more proud as you stand. Good. Exhale, release. Roll through the wrists, come back, tap for the toes, tops of the feet. Through the toes. I'm gonna face you for this next one, but we're gonna extend our right leg long out to the side.

Think your hip is in line with your knee, with your ankle. You're gonna flex the toes and we're gonna rise up to kneeling From here, you're gonna feel a nice deep stretch to your inner thigh. You're gonna tip your hip sort of like a little teapot. You'll walk your right hand down to your shin and you're gonna reach your left arm over if you're like tipsy.

Falling all over top. Totally fine. This is a hard balancing pose. It can feel pretty intense here, so be very gentle with yourself. If you'd like, you can also take your block at its highest height, place it to the side. Go ahead. Two breaths here,

you can point through the foot.

Inhale, rise back up. Have your block handy. If you used it, set it to the side, walk your palms forward. I just like to shim you my hip side to side. So you'll meet back in table posts. Take your left leg out to the side again. Flex the toes up. Walk your palms. Think knee, hip, chest. You use the block. Use it again on this side.

Tip the hips to the right. Reach your right arm overhead. As we pull the hips back, you'll notice this long stretch in your inner thighs should feel really, really nice. Good. Close your eyes if you'd like. Really let yourself settle in. I love closing my eyes. I really wanna get into my body to know what that sensation feels like.

You can always keep them open to and find a soft gaze somewhere that allows your mind to really focus and soften. Big inhale breath. Exhale, rise back up. Have your block to the side. Both sides will be handy. Come back to your table pose again. Tap through the toes. Now in this trimester, things can feel a little funky.

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So truly take mama's choice Here we're gonna take a wide down dog. Take your knees nice and wide. Your toes nice and wide to the mat. Press your hips up. Let your belly fall. If this doesn't feel good for you, that's okay. You can stay in table pose if this feels good for you. I'm happy. Bend through your right knee, through your left knee.

Get that stretch into the backs of your legs and your calve. Nice big exhale. Find stillness. When you're ready, you're gonna bend your knees, walk your hands back so your belly can fall through. Use your hands to your thighs. Roll up through your feet. Good. Walk to the front of your mat. Here we're gonna meet in a nice side bend.

Inhale, reach your fingertips up. Take your right hand to your right hip if you need to make your legs a little bit wider, hip with distance. Just a gentle side bend here. So hand on the hip, keeping my chest and my hips forward. Letting that side body open up good. Opposite left hand to left hip, right arm overhead.

Your knees can be up towards your palm or just facing forward. Make sure it's not down so we can curve into the chest. We really wanna keep this nice big open box frame. Good. Rise back up. Facing the top of the mat. If you want a supported yogi squat, we're gonna go into yogi squat. You can take the block that's at the top of your mat, you can place it to its middle height.

Toes fall off of the mat. Heels stay on the mat. Hands come to heart center. Nice and easy. We're gonna squat down. You may have to adjust. That block. Feels really good to have a block there elbows. Press into the inner thighs, let your belly fall, and really press back here. Open up your heart and your chest.

This is such a good pose during all trimesters of your pregnancy. Really give yourself this opportunity to feel open. The hips already probably feel pretty open, but let it be juicy. Really breathe into this space

now. Activating ever so slightly through the glutes, we're gonna press through our heels. It's important to keep a strong pelvic floor. Press through the heels rise, squat to stand good. Wiggle out through the hips, bring the feet facing parallel. You can just move your block out of the way. Good. From here, we're gonna step our left leg back into our high lunge.

You'll notice how we skip Chaturanga at this point in our trimester, in our pregnancy, just to protect our belly. Protect any belly facing moods, left toes high, resting through the hips to open up his hip flexor. Reach the fingertips. Long, big breath in. Long breath. App. Open out on your exhale to Warrior two.

Bend through your right knee. Press your palms down, engage through your lats and fingertips. Feel the length across your chest. Look out over your front hand. This pull should feel empowering. Strong. Good. When you're ready, you're gonna straighten your front leg. Bring your left hand to your left hip and take a straight leg.

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Reverse warrior. Tipping the right hip forward, bringing the right arm overhead, gazing at your palm. This should feel like a big relief. A ton of release from the front side body. Inhale, rise up. The yoga block should be right here for you. You can bend in to grab it, place it at its highest height if you'd like, or even have it at a lower medium height, depending on how you feel.

Tip the body over triangle pose. Place the palm onto the block or the fingertips and let yourself rest here. Breathe. If the chest is feeling particularly tight, you can slice the left hand behind the back. Use the palm in contact with the hips to press the chest open ever so slightly. That's obviously an option.

You are not required to do it, but you can if it feels good. Gazing up. Take a big breath in. Long breath out. Gaze down at the palm. Bend your knee. Release your spine. Take a block, rise up. Step the feet together at the top of the mat. Hands to heart center. Good. Wiggle out through the feet, the leg. We step our right foot back.

For our left side, take our left high lunge. Make sure your feet are nice and wide. If they're too narrow, it's gonna feel a little bit like this, right? So give yourself a nice grounded rooted stance. Palms up overhead. Press through the right glue. Big breath always lets us settle. Shakes off. Whatever feels not so good.

Hands through heart center. Rotate the back foot warrior too. You wanna have your block ready for whatever's coming up next. You can have it at the side. Rooting through the palms, pressing through the feet in opposition. Straighten your front leg, right hand to hip. Remember our reverse warrior tip the hips forward, gazing up at the palm.

Super important that we're breathing, giving our body this space. Inhale, rise back up. We're gonna come into that triangle pose so you can have the block at whatever height you chose. If it was that middle height or high height tip the hips back. Reach the fingertips. Long, long, long. Key length from chest, from fingertip to fingertip across the chest.

Good slice that right hand behind the back if you made that modification on the first side, open up.

Always taking a deep breath to let the body settle in. Exhale, gazing down. Move the block to the side, bend the knee. Inhale rising back up. Step the feet together at the top of the mat. Release the palms down, heel to the feet, so their hip width distance. We take our side bend to repeat. Inhale, rise up.

Exhale right hand or right hip side. Bend to the right. Keeping the chest and hip square. Inhale, rise up. Exhale side, bend to the left.

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Inhale, rise back up. Step the left toes back. We take our high lunge here. Reach the fingertips long. We're spending a little bit less time in each pose. So really let yourself take up space and pay attention on this side. We're gonna add on one little thing at the end. Fingertips. Reach up. Inhale. Exhale, pass through Heart Center Warrior two.

Ground yourself in this pose. Give yourself a moment to settle, bend, knee to ankle, looking out over the fingertips. Inhale. Exhale, straighten your leg. Left hand to left hip. Reverse triangle, reverse straight leg warrior. Inhale, rise up. If you took your block, you can repeat or you can place your block on its highest height.

Lowest height. Tip the chest over. Think length through fingertip to fingertip. Big breath in. Exhale, slice the hand behind the low back brief here. Exhale, gazing down. Inhale rising up. Move the block to the opposite side. You'll use it again. Rotate the toes towards the wide side of the mat. I almost like to turn mine in ever so slightly to get a stretch on my outer shin.

Sort of outer calves. Inhale, open up, wide forward fold. Let the belly fall through the space. You can let the palms just hang heavy here if that feels good for you. You also have the option to take piece finger bind with your big toes, tactively pulling the head, the crowd of the head forward. It's definitely gonna feel a little different here with our belly, so if you need to bend in your knees, that's totally okay to keep more room and slowly straighten them if that feels good.

So that's option one to piece finger bind. Option two is to take a wide, wide, uh, down dog, pressing the palms forward, pushing the hips back, and just letting yourself rest here. And then option three again is just back to our sort of homeostasis. Let the elbows hang flat. Good. Take whatever felt best for you.

Two breaths here.

Good. Soften your eyes. Soften your face,

sending the hips up towards the sky, the crown of the head down. You're gonna take a soft bend into your knees. The palms are gonna walk towards the front of the mat. It's important that you can use one block, usually or two, wherever they are. We're gonna take a supported warrior three. So the belly is gonna hang.

You wanna have this nice long line from the crown of the head through the heel. I like to use a block just to have my hands for a little bit of balance. It's a lot into that right leg. Take two breaths here. If you're feeling good, take your hands to heart center. Now for my challenge seekers, this is probably the hardest part of our flow.

Try to rise up into tree pose without bringing your foot to the mat. Turn your foot out. Think heel to the inner thigh or heel to your cat. I keep a nice soft gaze about two feet in front of my mat so

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that my head can be in line with my neck. Palms can come to heart center. Take a second to breathe here.

Imagine that my palm is behind the back of your thigh and you're actively pressing that, uh, outer thigh. Your adductor. Into that, engaging the pose. Good. It's okay if we fall. It's about getting back up, trying again. Take a big breath in, a long breath out. When you're ready to step your feet together, shake it out.

Good job. Let's repeat. Take an inhale. Reach the palms up overhead. Exhale, hands to heart center. Let it go. Step the right toes back High lunge on the left side. Fingertips. Reach long again. Taking up space, knowing where all of your little props are to help support you on the exhale, rotate the back leg warrior two.

Lunge deep into the front. Thigh fingertips. Reach long. Exhale, straighten the front leg, right hand to right hip, left arm overhead. Straight leg reverse. Get that nice release in the front hip. Inhale, rise up. We take the triangle pose. And grab your block at whatever height you want, tipping the chest over.

Think fingertip to fingertip if you've done so on all of them. Slicing the hand behind the back. Open the chest up.

Good. One more breath. Exhale. Gaze down. Inhale, bend the knee. Rise up. You're gonna rotate the toes. I'm gonna face you, but you're gonna take your wide forward fold again on this side. So as you bring the toes parallel, inhale, open the chest up. Exhale, fold all the way over. Try to take a different bind this time on your wide fold.

So if you took the peace finger bind, or you did the wide down dog, do something a little different just to feel something different in the body. Or if that felt amazing, why not revisit it? Three breaths here. Letting go. Softening in the body. Weight more into the tippy toes than it is into the heels to really open up the backs of the legs.

Good.

At any point, we can always take an exhale out the mouth to let the body soften, and then when you're ready, bending through the knees. We're gonna reach towards our left foot, our left Warrior three. So if you have your block on its highest height, shifting your weight fully into the left leg, extending the right leg long again, imagine a string through the crown of the head, your hips and your heel feeling rooted into this bottom leg energy reaching out.

If you want. For fun, try bringing the hands to heart center. If that feels like, whoa, way too much. Put the hands onto the block. This is equally challenging. And again, for my folks that did it on the first side, we pressed through the bottom line from Warrior three up into tree pose,

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trying not to touch our toes to the mat, think heel to the inner thigh or to the calf, never to the knee.

My gaze down about two to three feet in front of the mat, pressing through length through the spine, hand to the back of the thigh, pressing the knee back. Even though we're not moving this close is quite active. There's a lot we were thinking about. Big breath in. Long breath out.

Go ahead, relax the shoulders and the eyes. When you're ready, release the foot, shake out. Good. Coming back to the top of the mat, we'll meet at the original top of the mat. We're gonna take our supported yogi squat one more time. Place the block at the height that you chose at the beginning of class. Step the feet back, wide toes hanging off, knees slightly down, very slowly descend down and feel like a lot finding your block.

Press your elbows into your thighs. Good. Open your heart and chest as much as you can. Take a second to see how different this feels. You've allowed your hips to surrender, you've definitely allowed your body to open up in spaces that felt tight. So enjoy this. You can take your right arm if you'd like, towards your right big toe, reach your left arm up, and it's just very simple.

We don't wanna twist at this stage in our pregnancy, but more about opening up across the chest. God hands come back to heart Center. Same thing. Reach your left arm down. Reach your right arm to the sky.

Beautiful. From here, reaching the palms forward, we can remove the block and just simply meet me in seated good. Shake the legs out. It might not feel as simple as that. It might feel a little clunky, and that's truly okay at this point. I'm sure we're having a hard time putting socks and shoes on, so I got you.

We're gonna take a support of what we would call kind of a modified pigeon pose, or for any of my dancers is what we used to call broken forth. So I'll face you, you're gonna bend your left knee forward, swing your right leg back. It's really about finding this fold over the front leg as parallel and as, uh, straight as we possibly can.

You can flex the toes or relax them. It's really your choice. All we're gonna simply do is just reach our fingertips long. Try to keep our hips square and just hold over the front leg if the belly's super in the way. And this is all we have going on today. I love that for you. That's perfect. Relax the crown of the head, relax the neck, and just let yourself rest here for about two breaths.

Letting this just be a nice, gentle hip stretch.

When you're ready, walking the palms back, rising up. We're gonna win meal through the Lex. Right to left. Good. And then you'll notice you can fall with the right leg. So the right shin is

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forward. The left leg sweeps around. We wanna try to flexor the foot or relax it, square the hips as much as we can.

It's kind of a funky position. And then same thing, walk the palms forward. Try to square our hips off as much as we can. There's still a lot of space for the belly here. We want this to be a very nice modified pigeon post. Again, soften the crown of the head, the forehead. Let yourself rest here.

Two to three breaths. Closing the eyes, starting to transition to a slower, slower pace.

Go ahead. On this next inhale, walking the palms back. Rising up, sweeping the legs around. One more time. Shimmying through the knees. Windshield wipe side to side. Good. We're gonna open up our chest before we come into our supported jabana so we can move these blocks and all that out of the way. Have your, um, pillows very much ready.

You're gonna walk your feet into a reverse table. So our knees. Palms, uh, fingertips facing forward knees in line with your ankles. Press through your heels. You're gonna lift your hips up. This could be pretty intense on the chest. Uh, really using this space to rock forward and back signing your breast.

And let this open up from shoulder to shoulder to feel really, really good. Exhale, come back down. Nice and easy, can extend the legs out long. Shake through the wrist. The shoulders. I sometimes like to grab my hands and just roll through my wrists, bounce through my knees. We'll repeat it one more time.

Walk the feet underneath the knees pressing through, fingertips facing towards the top of the mat. Press through your heels. Lift your pelvis up. Let your head fall back. Open your chest and shoulders big exhale. And I like to rock ever so slightly forward and back. That honestly feels so good, but it is truly your choice to listen to your body.

Press it a little higher if you can exhale. Good. Let that go. Shake it out one more time. And because three is the magic number, we're gonna repeat it one last time to really feel as if warm water washes across the chest opening up our chest will feel so, so good. So press our feet down heels line with our knees, press through, fingertips pointing forward.

Lift the hips up, let the head fall back. Exhale, surrender. You can rock. Rock slowly back and forth. Big exhale, breath, let it go. Good shaking out. As you do, you're gonna grab your pillow. This is the pillow that's gonna go underneath your knees so you can place it right where you think will feel good. As you have that ready, we're gonna take our two big pillows that we grab from the couch or the bed.

The biggest one goes right behind your low back. Slide it in. It's okay. If this feels like it's a clunky setup, I promise, once you're in it, you're not gonna wanna leave it. You'll have to call

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someone to come get you out. You'll be in a little nap here. So once you get all comfy and luxurious, you're gonna hold the pillow slowly, letting yourself fall back.

We're gonna let the heels kiss and let the knees fall out for a supported frog pose. Bonus points. If you have children or a partner in the room, ask them to grab a blanket and tuck you in. Game changing. So if you do have that, break them over. Drape your blankie on. It'll feel so good for me with supported frog, sometimes I like to just place my hands on my hip bones.

Send a little bit of love here. Maybe you want your hands on your belly if you want to connect with baby or if you want your palms falling at your sides. Choose whatever feels good to you, and we'll let ourselves settle in.

Welcome to the close of your practice, your support at Shavasana.

We've worked so hard to get here. The body working so hard, the mind.

Allow yourself to enjoy this quiet, slow pace,

and as a mind wanders off,

grows busy and distracted.

Gently and without judgment, they can just think, okay, let me come back to my body. Resty and right ear fully supported,

giving yourself about an easy breath.

In and out,

and I'll greet you on the other side.

The mind wanders off.

Did the sounds surrounding you.

We come back here to the body breathing and rest hand.

So if it feels good to you and you need a bit more time in this pose, I encourage you to take that time. If you feel ready

to start your day, end your day breaking up the middle of your day, you can start to invite sensations of wiggling in the toe, rushing the pad of the thumb to each fingertip.

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Blocking the knees ever so slightly in, and then letting yourself fall to the right or left side to a little fetal position. It feels very good with all the pillows pressing yourself up nice and easy.

Resting your eyes. You's gonna bring her hand to heart center.

I had like to thank you for sharing your practice with me and allowing me to share my practice with you. May the light in my heart bow and honor the light in your heart. Namaste.

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