



Video Transcript

Prenatal Hip Opening Yoga Flow

Hi, my name is Ariana, and today we're going to go through a 20-minute hip-opening yoga flow. This is perfect for all of your pregnancy trimesters, whether you're just newly found out that you're pregnant, all the way up to your deep third trimester. This is gentle yet effective and will really give your body and your hips the love that they need, not to waste a minute. We'll have just a couple props that...

I highly, highly recommend for the best experience in your body. Have some blocks here. When in doubt, always have your blocks. Otherwise, if you have a second, grab just a little pillow from your couch or your bed. That pillow is going to go underneath our knees at one point. And then you'll have two larger pillows to support your back and your low back. It can be a pillow from your couch or a pillow from your bed. But make sure that they're really poofy so that you can have that.

extra love and support once we get into our supported shavasana at the end. Otherwise, we're going to start in child's pose. So let your big toes kiss. Take your knees nice and wide. Give a little wiggle through your hips. Get all comfy. And then walk your palms long. Rest your forehead to get started. Good. Letting your belly fall through your thighs. Feeling that nice compression here. And take a moment to arrive.

The quiet, the silence, it's an opportunity to observe how we're feeling today in this moment. Whether it's the start of your day, the end of your day, just to check in with yourself. Maybe asking, how am I feeling? Noticing if that manifests through places that feel stuck or maybe short breath or noticing if there's tight tension in the muscles of your face or your back. Your hips. Can we locate those spaces? And then we start to send our breath there. Softening the face. Softening the heart. Surrendering the belly, the thigh. Using these next 20 minutes just to be. Be in our body as it is in this moment today. Nothing to change or rush on to. Nothing to fix. Just being right here, right now.

Embracing who we are, how we feel. Taking that next big inhale, breath in. Exhale, rolling up slowly through the spine. Rising up into your table, we're going to meet back into our down dog and take a funky sort of cat-cow. So keeping the knees wide with the big toes kissing, we're going to take an inhale to arch, gazing up. And then on the exhale, we're going to hollow through our belly, through our back, sending our hips back to that down dog. to the higher chest. Inhale, rolling through the spine. Exhale, coming back to center. Inhale, open up. And then exhale, hollow back, pressing back to that child's pose. Let this feel really good to the shoulders, the back, the hips. Inhale, roll through the spine. Exhale, reset to neutral. Inhale, arch gazing up. Exhale, hollowing back to child's pose one more time. Giving that wiggle. Inhale up. Exhale. Good. Coming back to center. The knees stay wide. We're going to take our wide child's, or excuse me, wide down dog. If at any point you're in your pregnancy where down dog doesn't feel comfortable, please make that choice for yourself. You can always remain in tabletop. Otherwise, the knees are wide. The toes also come wide. Tucking one leg under and the other. Let the belly fall through the thighs. Pressing through the palms. You can sort of wiggle through the right and left leg. Let this feel good into the arches of the feet. Nice. Pressing through the palms. Good. We're going to bend our knees. Walk our palms back to meet our feet. And we're going to roll through, palms coming up on the thighs, rolling through, rise to standing. Keep the legs wide. Toes are going to come to the edges of the mat. But before we go down into our yogi squat, I'm going to ask that you grab a block that you had set up. This is only if you want a supported yogi squat. If you want to just drop it like it's hot, I'm here for that. But I'm going to prefer to use a block. So place the block down at, let's say it's mid-height. That's where our pelvis is going to go. Toes stick out, heels on the mat, hands can come to heart center. Looking down, slowly descend onto the block. Use the elbows to press to the inner thighs. We're going to spend a little bit of time here for a second to open up. So if you need to adjust the hips. Good. Take a second to check in with how we're feeling. Really use this connection of our elbows to our inner thighs to just explore that openness, that sensation. Two breaths here. Good. Long breath out. Nice. Giving that little wiggle maybe side to side. Eye gaze is soft and down. And then it's a funky transition. Hands are going to reach forward. We're going to rotate the toes for a nice wide fold. You can remove the block. and walk back out into your wide down dog. Wiggle out through the feet. Notice how the hips feel. Good. Make sure your blocks are handy. We're gonna gaze at our hands and we're gonna step our right foot through into a low lunge. Untuck your left toes. You're gonna rise your palms up to your right thigh. We're gonna do a press away. Braid the fingertips. Press them to the middle of your thigh. As you do that, you're gonna push into your right knee. And as you push into your right knee, you're gonna open up your chest. So you'll feel a stretch across your belly, across your front hip flexor, and feel as if you have this warmth, this openness across the chest. Nice. From here, we're going to bring our hands into dragon fly pose. So I really like to have two blocks, to be honest, because they can get pretty gnarly. You're going to heel to your right foot out to the width of your mat so that we have space for our chest and belly to fall. Bring our blocks to either their highest height or their middle height. This is where our elbows are going to hang.

Take a second to get long, a big inhale in your chest. And then exhale, lower your elbows down. If this feels super intense, please ease into the posture. Dragonfly is a deep hip opener. So we are going to spend quite a few breaths here, similar to those who have taken yin yoga. We spend a lot of time in one pose to really transform how we feel. So embrace the choice that you've made. Set your blocks. Then when you really feel ready,

Let your head fall. Let your eyes close. Let's connect back.

to that breath noticing the back of the right leg the front of the hip flexor can you soften the jaw soften the palms good taking two more breaths here notice where we can surrender what we cannot control and what we can being gentle with ourselves as we bring our palms back to the blocks rising back into our low lunge here we're going to tuck our back toes under

They're going to lift us up into our high lunge. It's okay if we need to teeter-totter for a second.

I'm going to adjust myself so that I face you, but we're going to take a side lunge facing the side of the mat. So you're going to rotate towards the left side. Feet are going to turn wide. The left

toes are going to point out ever so slightly. The right toes are going to face up. We're going to squat down to a half lunge just ever so slightly. So when I face you, the outside foot heel is up.

Put all of your weight into your left leg. Just lunging down. And then inhale, rising up. Hands stay at heart center. Exhale, lunging down, shifting your hips back to feel this nice stretch to your inner thigh, the back of your hip. Good. One more rise back to center. And then exhale, lunging down. Doesn't need to be too deep. Rise back to center. Coming back into that high lunge, your palms will come back down to the outer edge. Meet back into your table.

Again, knees are wide, toes are wide, and we reset in our wide down dog. Good, let the belly fall through. And the way to know the width of your down dog is the width of your mat, right? So keep your toes hang off on the sides, totally fine. Big breath to reset. Gazing back forward, this time we're going to step our left foot through to our low lunge. Lower the left knee, untuck the toes, braid the fingertips, pressing to the middle of the left thigh, opening the heart center.

Squeezing through so you get that nice big opening across the hip flexor, the belly, the chest.

Nice, proud, regal chest, right? You know what's coming next. Your blocks are right there for you. When you're ready, you'll rise up, grabbing the blocks to the height that felt best for you on the previous side, right? Knees should be tracking over the ankle. You heel to that left foot out ever so slightly so we have more room for our chest and our belly to fall. Lower our elbows down onto the blocks.

And we'll be here for about five to six breaths again. Getting deep into our hips, into our back. Surrendering our body to the experience. Softening your eyes, your jaw. The more time we spend here, the more of an opportunity we have to change what's going on inside. Change where we're holding back. Change the sensation, the story of how our body feels. Taking one more breath.

Can you let go just a little bit more? Surrender to the mind and body. On the inhale, we rise back up. We're going to tuck our toes under to rise into that high lunge. That high lunge is going to rotate us towards the front side of the mat. Now we did the previous side. It's going to look similar here. We're going to bend into our front leg, flex the heel up, and sit our body back for that inner thigh stretch. And then inhale, rise back up. Exhale, single leg.

Opening up, flexing the toes, opening the inner thigh, and rising back up. Good. Then one more, sending the hips back. Good. Eye gaze down, rising back up. Rotating back towards that high

lunge. You can have your hands to the blocks. Coming back, lowering the right knee, the left knee. Taking that wide down dog to reset. Toes tucked under, sending the hips side to side. Finding a bit of stillness. When you're ready, take that big inhale in.

Exhale, let it go. We're going to repeat that one more time, cutting off a little bit of our ending pose with spending a bit more time in our dragonfly. So gazing forward, we're going to step our right leg through low lunge, untucking the toes, pressing through our right heel, brave your fingertips, push the thigh away, open the hips, open the chest, big breath in. Exhale, taking our dragonfly pose, bringing your blocks to whatever height. Maybe you take them a little lower this time.

See how your body feels. Honor that feeling. On the exhale, lowering down, keeping your knee out, making sure that you heel to that space so that you have room for your chest and belly to fall. Good. Three breaths here. And on your next inhale, press through the palms, rising up right away here, moving the blocks forward to sweep the leg around, coming back into our table pose, back into our wide down dog. Shifting side to side, giving ourselves a moment to shake out.

Nice. Gazing forward, that left leg comes into our low lunge. Lower the right knee and toes. Braid the palms. Press into the thigh. Open the heart. Big breath in. Exhale, dragonfly pose on the opposite side. Take the blocks to the same height that you just chose on the right. Heel to the left to create that openness into the hip. Lower the elbows down. Relax the head, the chest. Three breaths here, nice and slow, nice and easy. Good. On the inhale, rising back up, sweeping back our last time into that wide down dog. Left leg comes back. Tuck the toes under right and left. Wiggle from side to side, bending through the knees, pressing the hips up and back. Good. Take a big inhale, press up to your tippy toes. Nice. Exhale, lower down. gazing forward, bending your knees, and sit onto the right or left hip to swing the legs around out front, shimmying through our knees. We're gonna start with a straddle pose. I know this can feel like a pretty daunting posture. So luckily we do have some big pillows here. For straddle, we're gonna take our legs to the edges of the mat. I like to flex my feet because personally, I think that helps us engage with the inner thighs. It is totally okay if your straddle is not crazy. big and it's small, embrace where your body's at today. This is my emotional support yoga block. I love to use it for my forehead, but I highly encourage you can take a nice pillow right out front and just hug that. Let the belly fall. That'll feel really, really good. So take your block or your pillow. You want to make sure that you're sending your pelvis back, right? Tipping our pelvis back, elongating our chest, elongating our spine.

Walking ourselves forward. You can come to your elbows. And then rest your forehead on the block or hug the pillow. Whatever feels good for your belly and your body. Have energy shooting out through the legs. This should feel pretty active. And because it is, let's really spend some time getting into our breath, yeah. Relax your palms. Relax your face. Focus on following that in-breath through the nose.

Then out the nose or out the mouth. Releasing through the glutes to allow the inner thighs to open. So good. Such a big, powerful stretch. Taking three more here. Making the most of our time. Beautiful. Taking one more inhale breath. And then when you're ready, on the exhale, walk the palms up. You can remove the block. Use your hands to be very gentle to bring the legs back in. Good.

Wiggle out through the hips, the knees. Fingertips point forward, windshield wiper side to side. That's nice. It's almost like you get a massage on your forehead if you use the yoga block. We're going to take my second favorite, which I feel like is the pregnancy version of Pigeon Pose called Fire Log. We're going to stack our left shin parallel and then stack our right shin on top. So think heel to knee, heel to knee.

Mine does not look like a fire log. It looks like a bad fire log, but yours may be a little bit more open than mine. We really want to make sure that our pelvis, both sits bones, are rooted to the ground. Once they are, inch your fingertips forward. You have this perfect little hole for your belly to fall and be snug. Once you inch your fingertips forward, relax your head. We'll spend a little bit of time here. I love this pose because it gets into both hips at the exact same time. It's not like pigeon pose where we focus on one hip. This really gives us love to open up our glutes and our hips simultaneously. So you're sort of getting like a double whammy because you know this is coming again on the other side. And with that juicy double whammy, let yourself be here for three breaths. It's the magic number. The first one is to settle in. The second one is to notice. Good. And the third one is to let go. And because we just love our bodies so much, we get a fourth.

For good measure, as we walk our hands back, slowly rising up, gently uncross the legs. Same thing, shimmy out through the knees. Walk the palms back, just give a little wiggle. Can feel a little funky, depending on how our body feels today. We'll take the opposite side. Right foot comes underneath, so that right shin, that's your bottom log. Here's your left, that's the top, your opposite fire log pose.

Take an inhale to get nice and long, stacking the shins, keeping the sits bones rooted. Walk the palms forward, let the head go. Four breaths here. Just to observe, just to notice, then let go. Deep breath, taking care of our body. On your next inhale, walk the palms up. Slowly take yourself out of the pose. Good. And we'll face.

the long ways of the mat starting to get ready for our supported shavasana give the knees a little wiggle a shimmy you can take your blocks to set them aside if you have all your pillows take a second to really set yourself up here placing one under the knees and then right behind you you should have your two big high fluffy pillows take your biggest pillow slide it right underneath support your low back and then take your second pillow stack that on top give it a little bit of a fluff

Once you're there, you can hold on. Let yourself fall back. Let your head fall. You can extend your legs if you need to make a couple adjustments. Taking our supported shavasana here. Good. And then again, this is really yogi's choice. You can have your hands on your belly. You can have your hands on your thighs. Let them fall open to surrender. Giving ourselves a second to arrive here to our final resting pose. Noticing this shift in energy.

even further from when we first started. Especially in pregnancy, there are so many moments of surrender. Surrender to the change, observing the transition, what this new chapter of life will be. So we practice that surrender by fully allowing the weight of the body to be supported by the pillows below you, the ground below you. Allowing ourselves to be held, to be supported, to be taken care of.

Give yourself four breaths to rest to your friends, and I'll see you on the other side.

noticing where the mind wanders off to. How can we come back into the body as it rests here? Recovering, growing still, just as much effort to slow down as it is to get started. On this next breath, slowly inviting in wiggles to the toes, brushing the pad as a thumb to each fingertip, taking as much time as you need if you want to stay here longer.

Absolutely understand that and why. Otherwise, you can inch the legs in. It's okay if the pillow is right here. You can fall to the right or left side into a fetal position, pausing for a moment to observe the body and how it feels, noticing that subtle shift in energy. Then you can press yourself up to seated or kneeling, keeping your eyes closed. You can bring your palms to heart center, getting nice and cozy.

giving yourself a moment to get settled here. I'd like to thank you for sharing your practice with me and allowing me to share my practice and knowledge with you. May the light in my heart bow and honor the light in your heart. Namaste.