



Video Transcript

Prenatal Yoga Nurturing Mind Body Through Every Trimester

Hi friends, my name is Ariana and it's an honor and privilege to lead you in this short, gentle flow for your entire trimester of your pregnancy. Whether you're in your first trimester, second or third, this is a fantastic practice to bring yourself back into your body and more importantly, to focus on our minds. Really cultivating this space of gentleness, of compassion.

So we can have more flexibility through all the changes and transitions that lie ahead. If you're newly pregnant or entering into that sort of final weeks and stages before you welcome the baby. So use this, save this, and come back to it at any point and when you need. To not waste a moment since we're so short and sweet today, we're going to have a couple props in today's practice. I'm starting seated.

So if you prefer to sit on a yoga block, absolutely grab that and get situated. So we'll use some yoga blocks today. Then we'll have three pillows. One will be smaller. You can grab from your couch or your bed to go under your knees. And then two larger pillows, definitely poofy ones. It'll support your low back and your back when we end in shavasana. You can always pause this video, go run and grab your little accoutrements to get situated. But once you have them, Come meet me here on the mat. Get comfy. Sit cross-legged on a block or off a block. Bring your palms in contact down on your thighs. And then when you're ready, you can close your eyes so gently. Now that we're seated, now that you're settled, take a moment to arrive here. As we come to our mat, no matter what time of day it is, allow yourself to simply observe.

in this quiet space we have to grow quiet and grow still in order to listen to what the body and the mind have to say and sometimes that can feel a little scary a little overwhelming but we greet it with compassion with curiosity to explore what we're feeling and what sensations we're experiencing so we can better show up for ourselves during each stage and chapter of life And to greet ourselves with that compassion and to carve out that space to feel and move. We'll open up our practice today with three deep breaths in the nose and exhaling out the mouth.

Breathing in. And out. Inhaling. And out. One more big in. And out. Using our breath as an anchor to come back to our body. Softening our body so that we can soften the thoughts in our mind.

transitioning our breath to those inhales, intentional and slow, through the nose. And on your next big breath, you can flutter the eyes open. Okay. Reaching the palms up overhead, taking a nice big stretch. And then exhale, reaching the right arm to the side, taking a gentle side bend to the left. You can close your eyes, and this practice might feel really nice to turn inward, right, to listen to the sounds and sensations inside.

versus external inhale rise up and exhale gentle side bend to the left making sure that our sits bones stay nice and rooted onto the block what we don't want to do is yank too hard really be easy breathing into this rib cage good inhale one more time up elongating out of the hips out of the spine side bend to the right then inhale up side bend to the left good

rising back to center if you need to loosen up the seat crisscross hands come to the knees we're going to take a cat cow seated so inhale press our weight forward open our chest up and then exhale tipping back onto our pelvis grabbing at our knees following in our belly chin to chest good inhale press open up exhale rocking back using the knees two more inhale open Good, exhale, hollow out. Last one, inhale, press open, tipping on the pelvis, feeling that big stretch across shoulder to shoulder, and then exhale, pressing back, hollowing in the belly. Coming back to neutral, take an inhale, reach the palms up overhead, and then exhale, we'll take just a nice gentle seat, rounding through each vertebrae. If it feels good to remove the block you can, let this be easy, opening up the spine.

Letting the belly fall. Two breaths here. Nice and slow. Nice and easy. Good. Rising back up through center. You can remove the block underneath. And just have it to the side. We're going to shake the legs out long in front of us. Giving them a nice wiggle. Taking your left leg towards your inner thigh. And think left heel to right inner thigh. Flex your right foot out to the side.

If you feel super, super tight, you can grab a strap, a yoga strap, or a band, or even just a scarf. Wrap it around your right foot. Otherwise, you can grab your pinky toe edge. Then you're going to reach your left arm overhead. Good. Make sure you feel nice and grounded, rooted through that left thigh. Good. Take a few breaths here. If it feels a little too much, you can always place your right hand down to the ground. You get to make the choice as you listen to your body.

Inhale, rising up. Exhale, we're gonna extend the left leg. We're gonna come into our straddle pose to balance things out. I like to have a yoga block in front of me. I call it my more emotional support block. It's for my forehead. So you'll extend your left leg out. I think it's always nice to flex our toes when we're coming into straddle pose so that it's active. You can also just relax your feet if this feels really, really tight and a little overwhelming.

So take the inhale, tip our weight forward onto our pelvis. So imagine our belly button, our belly is.

shooting down. From here, we're going to reach forward, rest our forehead onto the block, and then try to soften our palms and our face as we tip into this pose. And we'll be here for probably about three to four breaths. So just give yourself a moment to ease in. Each breath can be an opportunity to go deeper. Notice that shift. Where can we surrender and let go? On your next inhale, rising back up.

Good. Even place the block to the side. Now we're going to take the opposite. With our left leg out, we're going to bring our right heel into our inner thigh. Reaching our left fingertips towards that pinky toe edge. Reach your right arm overhead. Getting that nice side body stretch into the hip. Good. Breathing into those tight spaces. Letting it feel good. Right? Taking care of the body doesn't have to be something that feels overwhelming. It should feel good. Good. Inhale. Rising back up.

Moving our blocks out of the way so we can get fully onto the mat. We're going to flip through, crisscross. We're going to come into a table pose just for a second, so you might have to crawl back a funky transition. We're going to take one down dog today, one wide down dog. So you can extend your right foot to the width of the mat, your left foot to the width of the mat. Send your belly through, press your hips back, and then give yourself a little wiggle side to side.

Bending the right knee, bending the left knee.

giving the belly space to fall through between the thighs, pressing the hips back. Good. Inhale, reach up to your tippy toes. Exhale, let the heels fall. One more. Inhale, reach up. Exhale, fall. Last one. Inhale, lift the pelvis high. Imagine I have a string on your pelvis. Keep it high, high, high. Exhale, slowly lower the heels. Good. Letting the breath go. When you're ready, take a child's pose.

Knees to the width of the mat, toes kiss. Send the hips back. Walk the palms long and rest your forehead. It always feels good to give the hips a little wiggle as you settle in, letting them skit a little bit heavier. You'll take your right arm long, thread it underneath the left, resting onto your right cheek, being careful not to twist here in the spine, but rather stretching into that front shoulder muscle. You can let the left arm just hang heavy.

Let this be really gentle, really easy. Connecting the mind, the body, and the breath. On your next breath, exhale, bringing the palms back to center. You'll take your left hand, thread it underneath, resting onto your left cheek. Calm. Very slowly, bringing the palms back to center. One more little stretch for good measure, giving that spine and chest some love. Rolling up nice and slow.

Sitting onto the right or left hip, you'll swing the legs around. Make sure you can move the blocks out of the way. This is where we'll take our big pillows to get into our comfy, cozy shavasana. So from here, you'll take your biggest pillow, place it right behind your low back. We're going to take a supported frog pose. So from here, you'll place this smaller pillow underneath your knees, and it's okay if it takes a while to set up. I totally know.

If you got to get all the props, you want to make sure you feel super good. Make sure this is here behind your low back. Let the knees fall. Let the toes kiss. Slowly let the head fall back. And then you can choose to place the hands wherever feels best for you. I'll place mine on the belly. We'll end today's practice here taking six breaths, feeling rooted into the tailbone, letting the chest and head fall.

Nice and easy opportunity to check in with our mind. Allow the body to get soft. I'll greet you on the other side of our breath. In the nose. And slow out the nose. Noticing where the mind wanders. Noticing where you can let go. Surrender. If the palms were on the belly, slowly letting them fall. Taking a nice deep breath in.

And a long breath out. You can reach the arms overhead if that feels good. Letting that take you as you walk the feet in, coming to the right or left side into a fetal position. Then pressing up to

seated on your knees or sitting back onto your block. Scooting your cozy pillows out of the way. You can leave your hands folded in your lap or bringing them to your heart center. Taking your time and once you've arrived, you can close your eyes.

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.