



Video Transcript

Prenatal Yoga: Nurturing Body & Soul

Hi everyone. I am very excited to have you joining me for this prenatal flow. So although this is a prenatal flow and it is... definitely suitable for all trimesters. I do encourage you to chat with your doctor, depending on where you are in your pregnancy and kind of what's going on with your body. You know, you just want to make sure that this flow will work for you. Of course, modify as needed. And if you are not prenatal, if you are not currently pregnant, this is still a really great flow to do if you're just in a really nice full body stretch. So let's get started. So you can just come in a nice, comfortable seat across your legs. We're going to start with just a few grounding breaths. You can bring your hands to heart center or place your hands on your knees with your palms facing upwards. If you'd like, you can close your eyes. And just take a nice deep breath in and sigh it all out. Another big breath in. Sigh it out. Give me one more. And sigh it out. Beautiful. All right, you can gently open your eyes to the head that closed. And we are going to start with some just simple shoulder roll. Just loosen up those shoulders. Get ready for this movement we are about to do. You can take them back or forward, or if you're going forward before, bring them back. Just loosening everything up, shake out. All right, please join me in bringing your right hand high up overhead and just leaning gently. over to your left bringing some space into that side body and

we
are going to repeat that on the other side stretching it up and over you
can bring that left hand down bring your feet forward and open them as wide as is comfortable.
If you are in your third trimester, you may have a little belly going on. That'll create a little
bit of space for baby. You can even bring your hands onto your belly if that feels natural and
nice. Give baby a little hug.

Nice deep breaths here. A nice grounding pose. Make sure you're flexing your feet.

You

can even kind of sway back and forth to create some space in your seat here to make sure
everything

is nice and flush to the to the mat.

If you can, you're going forward just a little bit or not taking any deep stretches here. Just
creating space and loosening up the body.

Do some little neck rolls here, some head rolls to loosen up the neck.

Nice, deep, steady breaths.

Very nice, everyone. Okay, if bound angle pose is comfortable for you, I invite you to move into
that with me now. you can enter some cis bound angle here and depending on where you are in
your

practice i know some youngies they can bring their knees all the way down if not and you have
blocks i encourage you to utilize your blocks because that kind of brings the ground to you and it
also alleviates some of the pressure that you may feel in your joints if you are pregnant so you
can gently put these blocks under and again depending on where you are you might even need
the

blocks like all the way up if you have a bolster you can do that If you don't have any of that
stuff, even just a rolled up blanket or towel would work. But essentially, this just kind of helps
support your legs. And this pose right here is really great for preparing you for pregnancy and
for

birth, of course. You know, kind of opening up everything here in the lower body. Lay straight
back

and breathe.

This also helps to loosen up the shoulders. Make sure you're bringing your shoulders away from
the
ears.

Beautiful work, everyone.

Now we're going to move it to an extremely gentle twist because if you are prenatal,
if you are pregnant, you don't really want to do any extreme twisting in your midsection, okay?

So

what we're going to do here, and again, really listen to your body, is just bring your left hand
over to your right knee. So you're twisting more from the upper body as opposed to, you know,
in

the belly. And then bring your right hand over to the side. Just do a couple of little circles
here. You'll feel that in your shoulders, really loosening up everything.

Just some nice circles with the arms.

You can reverse your circles.

So good.

All right, guys. We should repeat that on the other side to come back to center for a quick breath.

Let it all go. And let's repeat those arm circles on the left side.

But again, very gentle twist.

Reverse those arm circles.

You really start to feel this in your shoulders and your back.

All right. One more. And back to center. All right.

Let's puff that chest up a little bit. Nice straight back. A couple of deep breaths here.

This downed angle is one of my favorite, favorite prenatal poses.

See if you go on your heels just a little bit closer to your body.

Really opening up the hips.

At the same time you're doing that, so you can bring those shoulders down, just a little bit more.

One final breath here. And sigh it out. Okay, if you used your blocks,

you can set those aside. And we are going to come on to all fours for a few things.

You can

just let your belly hang. Make sure that your wrists are right underneath your shoulders and your knees are underneath your hips. You can come up for your cat.

Again, letting that belly just hang nice and loose. Bring your shoulders away from your ears.

And then very gently arching your back upwards.

Don't need to exaggerate the postures.

Just some cat-cows at your own pace. You could even modicide a bit if you'd like, you know, add a few, like, hip rolls and hip circles here is really nice.

Just kind of doing whatever really feels good. You know, listening to your body, especially during this time, is so important.

Something that maybe didn't feel good to you a week ago might feel amazing now. Bring your hips

back a little bit.

Settling into your seat.

So for the next 30 seconds or so, just kind of doing your own little cat-cow variation.

This is really great for your back, for your low back.

I know for personal experience, you can often feel a lot of back pain sometimes in pregnancy.

So if that is where you are today, this is a great set of movements to do.

But if you're not pregnant and you just have back pain, same thing. Great set of promises. Great set of movements.

All right. Be sure that your knees are open. You can even open them a little bit more, especially if you're in your third trimester. And just come back down to Child's Codes.

We're really stretching it out. You tend the fingers too for an active child's pose and also to create a little bit more space.

Sway a little side to side.

You can slowly bring your hands closer to your body. Come up onto your knees.

Once you are here, you can bring your hands back down to the mat.

Come all the way up onto your feet. Again, coming all the way back to the back of your mat for a forward fold.

Again, if you are further along in your pregnancy, keep those knees wide open to create a nice amount of space. And then just ragdoll. Just let everything hang.

You put a little bend in your knees, sway from side to side. Again, whatever feels good.

Under your toes.

Now we're slowly gonna walk out into a downward facing dog.

See if you can press those heels to the mat. If it don't quite make it, that's okay. Do the best you can.

We're gonna hold here for a few breaths.

When you're ready, you can slowly bring your hands back towards your feet for one more forward fold. Again, a little bend into these and rag doll.

And gently place your hands back onto the mat. Slowly bring your bottom down. If you'd like to come down to a squat and where that is in your practice, then that is wonderful. If not, you just bring your bottom all the way down to the mat. Quick breath.

And then slowly come down to your bottom.

We're going to slide towards the center of the mat.

And here you do have a little bit of a choice. So I'm going to demonstrate sort of legs up the wall without the wall. But if you are at home or if you are in a studio space and you do have a wall where you can move your mat and go towards the wall, especially if you are further along your pregnancy, you're tired, all of that good stuff, then using a wall is really helpful for support. But legs up the wall is fantastic for a prenatal practice.

Slowly nudge your mat, lift those legs up for legs up the wall. So this is great for your practice because it really helps with circulation. which is so important in pregnancy. It also just gives yourself just a nice sort of relaxed, restorative posture that just really helps bring a little bit of ease into your day. So again, if you were able to scoot over towards a wall, you can just place your legs up on the wall.

You can pedal out the feet around the ankles.

Honestly, at the end of every day, I would recommend just doing this for like 15 or 20 minutes. Such a nice thing to do.

So when you're ready, you can slowly come down into goddess pose. So guys, you just touch your feet together and open everything up. Now, I will say, if you are further along in your pregnancy, probably middle of your second trimester and onward, it is not ideal to be completely flat on your back. So what you can do is grab a block or a bolster. underneath you so it lifts you up a bit. And if you are, say, in your third trimester or later in your third trimester and this just doesn't feel comfortable to you, feel free to just move on to your side and you can place your arm right underneath your head. But I'm going to demonstrate a traditional proclined goddess.

Just let those knees splay open if you're in goddess pose. If not, just relax on your side.

Give a few nice deep breaths here.
Let everything go. You interlace your fingers. Bring your hands up high overhead. Nice big stretch.
Just stretching the whole body out.
Then bring your hands back to your belly.
If you'd like, you can close your eyes.
Just relax. It's reclined goddess.
Now for your next and final posture, you can either stay here in the reclined goddess or you can straighten your legs and move into a more traditional shavasana. I encourage you, if it's comfortable, to stay in the reclined goddess pose, especially if you are, in fact, a prenatal.
And I encourage you to join me in a sort of like a Shamasana gratitude meditation.
So if it's more comfortable for you to sit up, which I am going to do, feel free to join me in doing so. But I do, again, encourage you to stay either in goddess pose or in Shamasana, because the point of this meditation is to really Obviously, it's a gratitude meditation to find that gratitude, but also just really, really relax and let everything go.
And again, if you are in your third trimester, Shavasana would be on your side. So if you're already on your side, you just remain there. So again, this is a yogi's choice. Do whatever feels comfortable. Sit up with me, remain in goddess or traditional Shavasana.
I encourage you to take a nice deep breath.
If you're seated, you can place your hands on your knees with your palms facing upward.
And I invite you to close your eyes if you have not done so already.
Let's take this time to really focus on the breath.
Really let everything go.
Nice steady inhales through the nose and exhales through the mouth.
I would like you to think of one thing that you are grateful for today.
And that could be something as simple as your morning cup of coffee or the fact that the sun is shining today.
Or it could be as deep and meaningful as your gratitude for your pregnancy, your family, your children and loved ones.
We can feel gratitude towards the big and the small.
As you are taking these deep, steady breaths.
If you notice your mind begins to wander, which it likely will,
I want you to say this mantra to yourself.
I am grateful.
And then I want you to think up that one thing that you are so grateful for today.
With every inhale, I am. With every exhale, grateful.
When you're ready, you can start slowly coming back into the space.
Depending on where you are, you can begin to wiggle your fingers and your toes.
If you are in a reclined position, shavasana or goddess, squirrel on your side, you can very slowly be able to flutter your eyes open.

And again, very slowly, come up to a seated position.
And it will give you a few breaths to get there. No rush.
Please remember to continue breathing. as you are coming up to a comfortable seat.
Once you are here, I invite you to do a few shoulder rolls, again, licking your fingers and your toes. Just slowly bringing life back into the body.
You can bring your right hand to the left side of your head, generally stretching the left side of your neck.
Big breath in. You
can repeat that on your other side.
Very gentle pressure.
Now bring your hands up high overhead. Stretching everything out. Really reach for the ceiling.
And bring your hands to heart center.
Thank you so much for joining me today for this prenatal slash gentle flow and gratitude meditation. I am so grateful for all of you for joining me. Love.
Light. Guide.