



Video Transcript

Postnatal Yoga For Core & Glutes

Hi friends, my name is Ariana and today we're going to go through a quick 30-minute postnatal core

and glutes. Personally, I would feel overwhelmed with my core and glutes after how my body is feeling and this transition we're in. The fourth trimester, I think, is probably one of the most difficult. So as we challenge our body and our minds today, again, remember to modify and take care of yourself. You may be feeling extremely exhausted. So really

listen to that and how your body feels as you show up. Or you may feel incredible and so ready to

start welcoming movement back into this body that you have. So really be gentle and compassionate

as we move through each pose. And most importantly, make sure that you check in with your breath.

You can always take child's pose. Let's not waste a second. We're going to start on our backs together in constructive rest. Having your feet to the width of the mat, your knees are going to fall in. Lying down. Here, you can have your arms on your ribs,

on your belly. I like to have mine overhead. So I'll grab one wrist. Let the head fall back.

And just get nice and heavy, settled in. Let the shoulders fall, let the hips fall.

Soften the face, the eyes. If you've taken my class before, you may hear me say this quite often. This place is the discipline of arriving.

It's in this moment that we say yes. to ourselves, to our practice, and we show up here.

Someone, something on our mind, that is okay. We are human. We're going to have thoughts and

feelings, but it's about bringing them onto our mat and allowing them to process through movement.

Where can we let go of tension, of tightness, and to further surrender into this space?

We'll open up with those three deep cleansing breaths in the nose. exhaling out of the mouth inhale

exhale let it go

inhaling in

and out good

one more big breath in

long breath out

softening the eyes the face the jaw the hips

transitioning our breath now back to breathing in the nose and exhaling out the nose in

yoga it's creating this breath of fire what you've heard ujjayi breath It's so important that as we welcome back heat and intensity into our core, it's going to feel probably a little funky at this time. It's important that we use this breath to empower our body to make strong choices.

Big breath in the nose.

Exhale out the nose. Release the palms. Hug the knees into the chest.

Give them a nice big squeeze. You can flex and point through your feet, rolling through your ankles.

Rocking side to side.

Good. And then when you're ready, our palms are going to open up into a T, having the palm laying

flat. We're going to flex our feet into a tabletop. Already you're going to feel your low belly engage, making sure that, see this space here? Press the low back onto the mat. You want to create

a perfect tabletop, as if I could rest a plate on your shins, eat my lunch there. And we're going to do a couple little soft tic-tocs with the legs, staying in this tabletop side to side.

So take the inhale to engage. And then on the exhale, you're going to let your knees fall ever so slightly to the left.

And then inhale, keeping this shape, bringing them back up to center. It's a lot harder than we may

think. It's pretty tough to keep engaged here. Inhale. Exhale, they fall. Inhale, they rock back to center.

Exhale, fall. Press through the palms, engage, lifting back to center.

And we don't want to let them completely fall to the opposite side of the mat. It's almost like tapping and lifting.

Good. One more. Each side. Exhale. Almost tap. Lift.

Engage in your obliques. Engage in your low belly. And nice and easy. You can control how low they

go, how high they go. Back to center. Hold. Hover in your tabletop. And then exhale.

Release. Knees into your chest. Give them a big squeeze. Good massage to the low back.

When you're

ready, you're going to start to rock up forward and back. If you need to, you can always pass through fetal pose to rise up. We'll rock through forward and back. We'll bump through and meet into our table pose.

So here, toes are untucked, palms underneath, wrists in line with shoulders. Press through the mat,

almost like you're opening two jars with your palms. Inhale, arch, gazing up towards the sky.

Exhale, push the floor away, hollow out, separate the shoulder blades, belly button to spine.

This definitely is going to feel really good to shake out into the vertebrae. Inhale, open up.

And exhale, hollow out.

Inhale, big breath. Separate from shoulder to shoulder. Press the chest forward.

Exhale,

hollow out. When you're ready, coming back to neutral. If you need to, you can always take one more. Tuck the toes under. We're going to hover our cat cow or hover our table pose.

Lift the knees about two inches off of the mat. Notice the breath gets deeper, much more powerful here. Eyes pointing down. Can we breathe here for four?

For three, you got this. For two. For one,

send the hips high down dog. Good job. Pedal out through the feet right and left.

Feel the palms pressing through, pointer finger thumb rooting you into the mat.

When you're ready, let your heels fall heavy. Find stillness.

Big exhale out.

Gazing forward at your palms, lower back down to your table pose. We're going to take spinal balancing. Making sure you have your blocks ready and available at the front of your mat. We will

use them soon. But moving them out so you can extend your right leg back. Flex your toes, your left

arm forward. Lift up through the belly. Start to engage your core right here.

Push through your right hand. Push through your left knee. Inhale, lengthen the limbs a little bit longer. And then exhale, hollow elbow and knee to meet. In.

Inhale, lengthen out. Exhale, in. Front sheen's so slow.

Let the eyes guide you. So inhale, they lengthen out on the mat. Exhale, they hollow, follow in towards the knee and elbow. One more inhale, lengthen.

Exhale, hollow and around. Inhale, lengthen out. Find this nice elongated energetic pose.

Press the mat away. You can stay here or you can bend the back leg. Toes, find your hand. Press the toes, push away. Opening up the hips.

Good. One more breath here.

I know this one's hard. Release, take a much-deserved child's pose. Send the hips back. Walk the

fingertips alone.

Rest your third eye or forehead. Give it a little massage on the mat.

Check back in with your body here.

If this is one of your first movement classes back

after having your baby, give yourself some patience.

What a gift it is that you showed up for yourself today.

Slowly rolling up through the spine. We'll repeat, balancing out our sides. This time we take our left leg long, flexing the toes down. Remember keeping our hip bones pointing down to the mat. Right fingertips long. Reach the limbs as far as you can. Point for the toe. Inhale, breath in. Exhale, hollow belly to knee. Inhale, lengthen. Exhale. Let that movement start from your cord. Let that be the catalyst to starting that crunch, engaging and lifting. Exhale, third one. Don't move the arm and leg and let it be. Just this slow, unengaged, really use this hollow out, connecting elbow and knee. Good. Inhale, lengthen. Find that power. Push the floor away. Staying here is absolutely perfect. This is equally as challenging. But if you took it on the other side, bend your back knee. Palm finds the toes. Press the toes into the pump. Lift and engage up. It's a tough one. Press through that back shin. Eyes down. Find your point of focus. Good. Exhale, release child's pose. Walk the palms long, rest the forehead, check back in here. At any point in your flow, you can always meet back here when you need. When you're ready, you're going to rise back up, pass through table pose, tuck the toes under, take your down dog, pedal out through the feet, right and left. Bending into the knees, straightening out, finding a bit of stillness. Feet are hip widths distance apart. Just so that they're perfectly in line with the hip. When you're ready, bend the knees, gaze forward at your palms. Walk your feet to meet your hands. You can dangle here, grabbing at your elbows. Good. Keep a soft bend in your knees. This is our first forward pull of the day. Can feel a little funky. Swaying side to side, nodding the head yes or no. Really letting yourself go here. When you're ready, release the palms. Slowly bend into the knees, rolling up. Good. Rise to standing. Roll the shoulder blades down and back. You can adjust feet underneath the hips. Again, two fists between the arches of the feet. Inhale, reach the palms up overhead. Gentle side bend to the right. Take your right hand to your right hip. Left arm overhead. Relax the shoulder blades. Keep space between the ear and the bicep. Inhale, rise up. Exhale, gentle side bend to the left. Left hand to the left hip. Again, space between the bicep. Squeeze the ribcage shut. We want to always stay active in our core, even when we're standing. That's what helps us re-engage and know when to engage when we need to. Fingertips up. Exhale, hands behind the back. So you can heel toe the feet a little bit wider here. Let the wrists spill down towards the mat. Look up towards the ceiling. Bend the knees. Let the chest fall through. Straighten the legs when you're ready. Palms release back down to the mat. Heel toe the feet if you made them a little bit wider. Inhale, flat back, gazing out. Exhale, walk the palms down. Step the feet back. This may be our first plank

in a while, so let's be gentle. Here we take three big deep breaths. In the nose, length from our heels all the way out the crown of our head. Push the floor away to engage in your shoulders. One more breath. Lower the knees down at any point if you need. But we are going to lower our knees down. We're going to go knees, chest, chin to take a supported chaturanga. Wiggle out, untuck the toes, take a baby cobra. Exhale, lower back down. Press through table pose, meet in down dog. You're gonna take your right leg long, three-legged dog. Bend your knee, you can wiggle out, open the hips. I bet this feels really, really good. Flex through the foot, square the hips off, bend the knee, step it through. Come to a high lunge at the top of our mat. All of our poses are gonna be quite active today, right? So we're going to press through our front leg, press through our back leg, really load into this right glute. Reach the fingertips long. Feel grounded and rooted through both feet, so they're a little bit wider to the width of the mat, so we're not on a tightrope, right? Take our inhale, ground through the front foot. Exhale, hands are going to come to heart center. We're going to tap our knee in the back. Inhale, reach, lengthen up. Exhale, low lunge, tap. Yeah, you feel that in the front leg? I do too. I might even be shaking. Inhale, up. Exhale, tap the back knee. Good. Inhale, reach up. Now you have these lovely blocks hopefully right in front of you. From here, we're going to transition into a warrior three just as active. Hands are at heart center. We're going to shift our weight forward, supported warrior three. Your fingertips can come to the block. Think energy from the crown of the head out through the heel. Take an inhale to find your body rooted, balanced here. And then on your exhale, you're going to take a Shiva squat. We take our knee behind us, tap our toes down. Inhale, lengthen out. Exhale, tap the toes down. Good. Inhale, up. Exhale, one more. Tap the toes down. Inhale, rise, back up. Find a moment to breathe here. If you can, I know you can do it. You're strong. You have it in you. Hands to heart center. Step your feet back, warrior two. Good job. Lunge into that front leg. Heel tracing to the arch of the back foot. Settle in. Gaze towards your front arm. Big breath. Exhale, reverse warrior. Slide your left arm down or towards your hip. Right arm overhead. Two breaths here. Inhale, rising back up. Straighten your front leg. We're going to take triangle pose. Tip your chest forward. You can grab your block if you need. I'm going to place my hand to my shin. Connecting here, think fingertip to fingertip. Two breaths here. Feel open in the hips, in the chest, all the way, reaching so long.

Now you had your blocks handy from your supported warrior three. You're gonna gaze down at your

right foot, lunge into your right foot. We're gonna find a supported half moon. My right hand is gonna find the right block, keeping my hips open, all from hip to hip, shoulder to shoulder. Reach my left arm up. Think we're stacking the body, the last thing we do. as the gaze floats up.

Breathe here. This can feel extremely difficult, so be gentle with yourself.

Soft bend in the knee, gazing back down, lunging your weight into your Warrior II. A moment to feel

rooted, balanced. Windmill the arms down to frame the front foot. We're going to take a side plank.

If this feels extremely challenging, you can always lower your left knee, sweep your right arm back, and take a supported side plank here. If you're ready to go into a full side plank, tuck your left foot. You can always slice it in front. Both legs off the mat. Breathe here for two. Lift the hips a little bit higher for one. Hands come back. Top of your plank.

Take your chaturanga as is or lower your knees. Knees, chest, chin. Untuck the toes.

Inhale. Full cobra.

Exhale.

Down dog.

Beautiful. Now you know what to expect. You got it. We're going to slowly move through the left side. Take a big breath in.

And a long breath out.

One more. Settling in. Shaking off.

Whatever we need to let go of. On that exhale, send the left leg long. Three-legged dog. Bend the

knee. Open up the hip. Let it feel juicy. Get into those sticky parts of the body. Square off.

Flex the foot. Bend the knee. Step it through. High lunge on the left side. Fingertips sweep up.

Weight into that front leg. You know what's coming. Take that inhale to lengthen.

Exhale, tap the back knee. Good. Inhale, reaching back up.

Exhale, slow and controlled. Good. Inhale, lengthen.

Exhale. Feeling that power, that heat into the left glute. Inhale,

lengthen. Hands are going to come to heart center. Again, your blocks should be exactly where they

need to be. We shift into that supported warrior three. Weight shoots forward. Fingertips find the blocks. Square the hips off. Make it so that we're not fully leaning onto the blocks, but really trying to engage that upper back part of our glute where our hamstring meets our glute. Energy through the right leg, through the crown of the head. Big breath in. Good.

Exhale. Shiva squat. Slowly tap the back toes down. Inhale, lengthen out.

Exhale. Loading up, creating power intensity into the left glute and left thigh.

Inhale, lengthen.

Exhale, lower, tap.

This is hard no matter what, right? Inhale, lengthen. You're doing so good. Exhale,

you're going to step it back. Testing your balance again. Hands to heart center, warrior two. Good

job. That is definitely a challenging one. Root through the front leg. Root through the back leg. Give yourself a moment. Find your breath. Left arm reaches up, right arm slides back, reverse warrior. Lunge a little deeper into your front leg.

Inhale, rise up. Triangle pose. If you needed your block again, you can put it here. If not, think hand to the shin, press the back of the palm or towards the shin, fingertip to fingertip. Open up. Two breaths in each pose to let the body really absorb sensation to witness and notice how things

feel as we change. shifting their weight into our left leg, reaching to our left block, our half moon, supported half moon. Use this not as a crutch, but just as a support system. Right fingertips

reach up, lengthen through the right leg.

Gaze floats to the top arm.

How are we breathing? I have to remind myself too. Good. This is a tough one.

Let the eyes slowly fall back down towards the bottom arm. Bend the knee, step back warrior two.

Windmill the arms down. We take our side plank. If you did so on the first side, supported side plank. Lower your right knee. Left leg reaches long. Left arm reaches long.

Breathe here or step the right foot in front of the left. Squeeze through the inner thighs. Lift the hips. Two breaths.

You got it. You can breathe up the mouth. Good. Hands come back down. You can take your full chaturanga or take your supported chaturanga. Elbows hover. Inhale, upward facing dog. Exhale, downward facing dog.

Nice. We're going to take it one more time, move just a little bit faster, but letting ourselves get deeper, really feeling those good parts that feel nice in our body. Big breath in, exhale out. Inhale, take the right leg long, three-legged dog. Bend the knee, step it through, high lunge. Press through the front heel, reach for the back leg, fingertips long, take up space. Big breath in, exhale, tap your back knee, hover. Inhale, lengthen. Good. Exhale, hover.

Inhale, lengthen. Find our focus, find our breath. Exhale, hover. We know warrior three is coming,

so we inhale, lengthen. Find our point of focus, hands come to heart center. Shift our weight into our front leg. Find our blocks just for a little bit of support. Inhale, like a string through the crown of my head, my heel. Lengthen. Exhale, tap.

You can even release your hands off the blocks on this round. Inhale, lengthen.

Exhale, tap. So good. Connecting breath with movement. Inhale, lengthen. Exhale, tap.

Inhale, lengthen. Hands to heart center. Shift your weight back. Warrior II. Lunge in.

Root through the body. Big breath. Exhale, let it go. Reverse warrior.

Inhale, rise back up. Triangle pose. Straighten the front leg. Lengthen breath through the chest, tip over. Fingertip to shin. Straight line from hand to hand.

The mind continues to think about how we flow to the next pose. Singertips point down, gazing at our right foot. Hand finds the block for half moon pose. For those that are looking to take a challenge, we can take a bind in our half moon. So take your left hand to your left toe, opening up your hips. You also don't have to do that. And then your gaze floats up.

One more breath.

Gazing back down. Release the mind if you took it. Lower back to warrior two. Windmill the arms

down. Side plank on the left side. Take your right toes back to meet your left. Lift the hips up.

Gazing at the ceiling. Big breath in. Long breath out. Come back to plank.

Chaturanga. Watch out for your blocks.

Exhale, down dog. You got this. Nice inhale every time to reset.

In through the nose.

Out through the mouth.

When you're ready, left side. Last side. Inhale, left leg long. Bend the knee. Step it through high lunge. Press through the back toes. Rise the fingertips up. Big breath in. Exhale, lower the right knee. Slow tap.

Inhale, lengthen.

Exhale, tap.

Inhale, lengthen. I can't remember if we did three or more, but we're going to do one more for a good measure. Why not? Inhale, lengthen the palms out. Hands to heart center. Our blocks are here,

supported warrior three. Shift the weight forward. Find your balance pose. Energy, reaching, always taking up space with our body. When you're ready, Shiva squat.

Exhale, tap the toes. Inhale, back to the left leg.

Exhale, tap the toes. Inhale, back. Last one.

Exhale, tap.

Inhale, rise. Test your balance. Hands to heart center. Step it back, warrior two. Good job.

Proud of you. Root through each leg, hand. Exhale, reverse warrior.

Let it go. Inhale, rise up, triangle pose. Straighten the leg,

breath through the side body. Tip over, shin. and fingertip connect long line from palm to palm gazing down half moon pose we're thinking about it as we shift stacking our hips stacking our shoulders opening up if you took it on the first side take the bind on this side right hand to right foot open up it's

always worth trying if we fall we at least gave it a try one more breath

exhale gazing down rising back to warrior two A moment to get settled.

We come into our side plank. Windmill the arms down. Stack the left foot to the right. Reach the fingertips high. Two breaths here. Looking at the ceiling. Get higher in your hips.

Good. Come back to our plank. Our last chaturanga. Shift the weight forward.

Inhale, up dog.

Exhale, down dog.

Best part, take your child's butt. Much deserved. If you need to,

you can always grab some water. Wipe yourself off. But then when you're ready, knees are wide,
walk the fingertips long, good, and get settled in.
Such a good job. I bet your body feels like it's needed this attention and love. Now it's time to slow down, to find that quiet energy to care for ourselves, to recover.
So if you toweled off and got water, meet us here in child's pose.
We're going to take two more breaths.
Notice where the mind wanders.
Right? It's that discipline of arriving, of being back on our mat.
We're going to take our right hand. We're going to thread it underneath our left arm. Get to thread
the needle.
Resting onto our right cheek.
Just for two breaths here.
Walking the left palm in. Releasing that. And then right away taking the left arm and threading it underneath the right. Resting onto your left cheek. You can reach your right fingertips long or keep them in. It's really your choice so it feels good in your body.
walking the palms back in. We're going to meet in down dog one last time.
Bring yourself through table pose, tucking the toes under, rising up. You can pedal out right and left if you need.
And then when you're ready, take your right leg long. We're going to take half pigeon, bending your
right knee, looking forward towards your palms, squaring your shin off. It may have been a while that we've done this. So reach your back toes long, flex your front foot. I love a block.
This is my emotional support block in a pigeon pose, let me tell you. And it's so important. I have super tight hips. So think about squaring, lifting your chest long, nice flat back. And then fold over this block. I rest my forehead. It's the absolute best. So let yourself get comfy if you need to. You can also place a pillow, a blanket, or a block underneath your right glute. And that is a beautiful choice to help take care of our bodies where they are today.
We'll be here for about four or five breaths.
So take some time to just settle in. Notice the discomfort.
Send breath a little bit of compassion, some loving kindness to those spaces.
In the nose and out the nose.
If it feels sticky or tough,
that's okay.
Allow yourself to explore that sensation. Either ease up or send a little bit more breath, a little bit more compassion there.
One more big inhale.
Long exhale, surrender just a bit more here. This quiet space,
caring for yourself.
When you're ready, slowly rise up very carefully. Tuck the toes under. Send the hips back.
Woo, down dog.
So, so important in this fourth trimester that you really listen to yourself and your needs.

We're going to take our left leg long, switch to our left half pigeon. Same modifications. You can take a block or a pillow underneath your left hip and slide that under. You can keep your little emotional support a block up front. When you're ready, fold over.

It's so often in this trimester that we... focus on the baby and how the baby's doing, but we really want to focus on you, how you're feeling. And so really use each one of these moments to be

with yourself, to enjoy that stillness, to refill up your cup. So, so important. And I'm here to help. Try to soften through the palms, soften through the face.

Just enjoy this quiet moment.

Just you here with your mat together, giving love back to your body.

The only thing you have to do is breathe in the nose and out the nose. Just easy.

One more big breath in.

Long breath out. Rising up through your palms. Can move the blocks out of the way.

Sit onto your left hip. Swing your legs around. Shimmy out into your knees.

Walk your fingertips back. It's a windshield wipe side to side. That always feels so good.

And then when you're ready, we're going to come onto our back. Nice and easy. Go ahead.

Give your knees a big squeeze. Looks familiar. Just how we started,

it may feel completely different. That's what happens when we take time for ourselves. Take a little happy baby to finish. Take your palms to your pinky toes, press them, knees towards your shoulders, rock side to side.

And then it's yogi's choice. You can take a frog pose to end, or you can let the toes go.

Extend the legs long. Rest the palms floating up.

I'm going to leave you here in practice today.

Some of you may need a little bit more time in Shavasana, and that's absolutely perfect. So as you

rest and as you get settled, I'll let you be here. Take as much time as you need.

As always, I'll see you next time on the mat, friends. Enjoy your Shavasana.