



The Yoga of Pregnancy

Unite with your unborn baby through the mind, body and breath.

by Mel Campbell

A First Trimester Podcast 'New Beginnings'

Seated Meditation



Cow



Inhale

Cat



Exhale

Open Twist



Repeat on the other side.

Repeat 5 times synchronizing the movement with your breath.

Balasana – Childs Pose



Full pose



Partially modified



Fully modified

Adho Mukha Svanasana – Downward Dog



Full pose



Modified

Stay for 5 breaths, allowing time to integrate the previous poses. Remain mindful of your breath.

Stay for 3 breaths.

Kaptonasana - Pigeon



Full pose



Modified

Stay for 3 breaths.

Balasana – Childs Pose



Full pose



Partially modified



Fully modified

Stay for 5 breaths, allowing time to integrate the previous poses. Remain mindful of your breath.