

## 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



Open Twist

Inhale

**Exhale** 

Repeat on the other side.

Repeat 5 times synchronizing the movement with your breath.

Balasana - Childs Pose



**Full pose** 





Adho Mukha Svanasana – Downward Dog

Stay for 3 breaths.





Partially modified

**Fully modified** 

Full pose

Modified

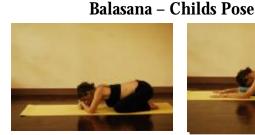
Stay for 5 breaths, allowing time to integrate the previous poses. Remain mindful of your breath.

## Kaptonasana - Pigeon











Full pose

**Modified** 

**Full pose** 

Partially modified

**Fully modified** 

Stay for 3 breaths.

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