



# Basic Prenatal Yoga Sequence

*By Kim MacDonald-Heilandt and Shannon Crow*

both Certified Prenatal Yoga Teachers and cofounders of the MamaNurture 100-hour prenatal yoga teacher training.

---

This is the most common "take-home" flow that we give to prenatal students. The poses are ones that we use often within class. Please encourage new students to check with their healthcare provider before beginning yoga and/or to work with a Certified Prenatal Yoga teacher to modify a sequence for their individual pregnant body.

## **1. Easy pose (sukhasana)**

- sit on blankets or pillow to elevate hips
- connect with your breath, relax your shoulders



## 2. Seated Open Twist

- gently twist from your upper body to one side on the exhale, keeping your belly relaxed
- inhale to the centre and then exhale and twist to the other side



## 3. Butterfly Pose (baddha konasana or bound angle)

- with the option of a forward bend if it feels good
- use a pillow or blanket to sit on and a bolster for support under your forearms, (as shown in the photo)
- soles of the feet together, move your feet towards or away from you to find comfort



#### 4. Cat/cow (marjariasana and pindasana)

- inhale softening upper back and spine
- exhale curl spine, hugging baby closer



## 5. Calf stretch

- from table press one foot back with toes tucked under
- hold for a few breaths then switch to the other side



## 6. Child's pose (balasana)

- sinking hips towards floor with big toes touching and knees moving out to make space for baby
- use a bolster or pillow for support and/or a blanket behind knees



## 7. Warrior I (virabhadrasana I)

- from table, step forward and move into warrior I (high lunge)
- feet are on "2 train tracks", find the distance that is comfortable for you
- ensure that front knee is in line with or behind the front ankle



## 8. Warrior II (virabhadrasana II)

- pivot back foot, moving into warrior II
- feet are more in one line in warrior II, but again comfort is most important
- ensure that front knee is in line with or behind the front ankle



## 9. Tree Pose (vrkasana)

- turn back foot in and step feet together for tree pose
- make sure that foot is not on knee, but instead above or below as shown
- use the wall or a chair to help with balance



**\*\* Repeat 7-9 on other side \*\***

## 10. Wide Leg Forward Bend (prasaritta padottanasana)

- step feet wide (if arms are stretched out to sides, wrists are above ankles)
- feet are parallel to each other



- use a block, chair or the wall to bring body to 90 degrees



### **11. Squat/Garland Pose (malasana)**

- heel toe feet closer and lower hips to squat

- bring blanket under heels or sit on a block to find a squat that is comfortable



## 12. Seated Side Stretch

- from seated (use a blanket or pillow to sit on to connect sitz bones to floor), inhale both arms up overhead
- exhale leaning towards one side
- inhale back to centre and exhale to the other side



## 13. Seated Eye of Needle (modified sucirandhrasana)

- from sitting with legs extended out, bend the right knee, cross left ankle on to the right knee
- keep the foot active (toes spread and back towards the knee) to protect the knee
- bring hands back behind you for support and lift the heart up to make a little more space



- repeat on other side



#### **14. Thai goddess**

- from kneeling, tuck the toes under and slowly move back towards sitting on the heels

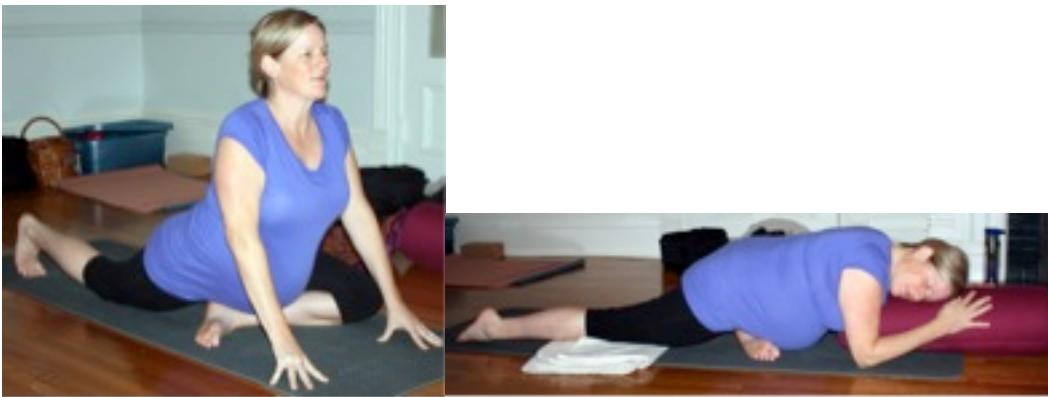
- this pose can be very uncomfortable for some people - start with short times in this pose and use the breath

- close eyes and practice staying relaxed - this is great to practice breathing through discomfort or sensation (like you might experience with birthing)



## 15. Pigeon (modified eka pada rajakapotasana)

- from table bring your left knee towards the top of your mat, keeping the left foot active and making sure that there isn't any sensation or pain in the knee
- move the right foot back and tuck the toes under
- see what is comfortable - staying upright or using a bolster to support the upper body



## 16. Reclined Goddess (Vishnu's couch/Reclined Buddha)

- prop head with bottom arm and lie on one side
- bend knees like you are sitting in an imaginary chair to maintain your balance
- exhale and hug top knee towards shoulder (photo 1 below)
- inhale and lengthen leg up to sky, holding on to leg, pant-leg or foot (photo 2)
- exhale and hold top ankle, bringing heel towards your bottom (photo 3)
- inhale and stack the knees again (photo 4)





## **17. Reclined Butterfly (supta baddha konasana)**

- place bolsters and blankets in a way that supports you to a 45 degree angle
- bring feet together and relax knees out (option - use blocks or blankets under knees to find comfort)
- connect with baby and relax here as long as you wish

