

WARMUPS



Shoulder Rolls
(5 rolls)



Belly Breaths
(5 breaths)



Pelvic Tilts
(2 sets of 10)



Mama Cat
(5 reps)



Child
(5 breaths)



Frog & Pelvic Tilts
(2 sets of 10)

POSTURES



Tailor & Pelvic Floor Exer.
(2 sets of 10)



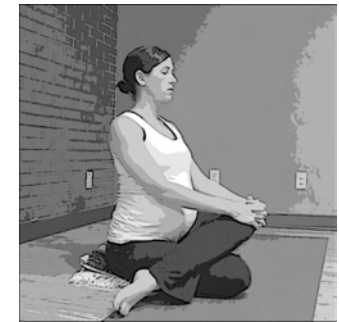
Pigeon
(5 breaths each side)



Lunges or Half Squat
(10 lunges/breaths each side)



Squat & Pelvic Floor Exer.
(2 sets of 10)



Cow Face
(5 breaths each side)

CLOSING



Supported Side Lying Relaxation

Visit us online @ MamasteYoga.com

This practice is designed for daily use in pregnancy. Talk to your healthcare provider before practicing squats in pregnancy. We generally recommend full squats be practiced between 12 and 34 weeks of pregnancy.