

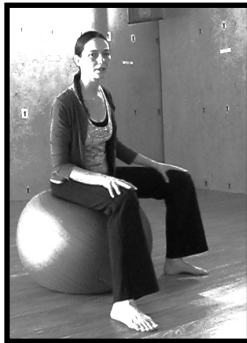
Mamaste Yoga Podcast

Birth Ball - Episode #14

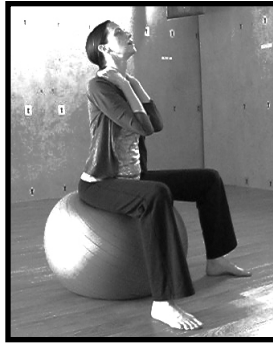
W
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Centering



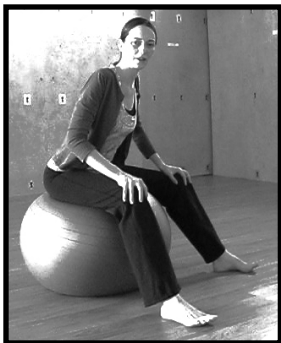
Ball Circles



Neck & Shoulders



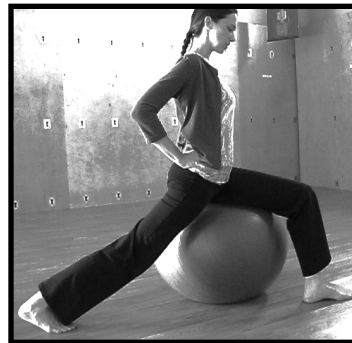
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Pelvic Tilts &
Figure 8s



Squat



Warrior One & Two
(each side)



Squat

Ball Squat Instructions:

1. Sit on the ball with your feet wider than the ball.
2. Place your hands on the ball near your hips.
3. Walk your feet forward as you lean back on the ball and into a squat.

To exit the squat:

1. Keep the back of your body in contact with the ball as you begin to walk your feet back.
2. Roll the ball down to your hips.
3. Finish seated on the ball in an upright position.

C
L
O
S
I
N
G



Cat Rocking



Child

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