

## 1 Pelvic Floor Exercises



Sit upright in any comfortable position  
Start by squeezing and lifting quickly 20 times  
Next squeeze, hold for 1 whole breath and release.  
Finally lift up the 4 storey building

- Squeeze lift hold- 1<sup>st</sup> floor
- Squeeze lift hold-2<sup>nd</sup> floor
- Squeeze lift hold – 3<sup>rd</sup> floor
- Squeeze lift hold – 4<sup>th</sup> floor
- Release rest for 5 breaths + Repeat twice more.

## 2 Neck Crescents and Shoulder Circles



Sit comfortable with your back straight, your head, neck and shoulders are relaxed. Also Relax your eyes, face, mouth and chin. Try to empty your mind and visualise the shape of a crescent moon.

In hale and on the next exhale draw a downward arc in the shape of the crescent moon with your chin. Bring the chin over the shoulder and repeat to the other side

Repeat 3 times each way.

Next place your hands on your shoulders with your elbows level with the shoulders. Make small complete circles with the elbow gradually going from saucer size to giant pizza size. 10 circles one way and repeat in the opposite direction.

## 3 Open Sitting Twist



Start in a straight position with your spine straight and the crown of your head reaching for the ceiling. Inhale and as you exhale place your left hand on the right knee and turn your body towards the right. Place the right hand behind your back. Stay here for three slow cool breaths. Return to centre on the exhale. Breathe in and on your exhale repeat on the other side. Repeat 3 times on each side.

## 4 Cat Posture



Start in a straight back position and do not allow the tummy to sag. Think about lengthening the spine and neck in a straight line.

Inhale and as you exhale drop the head and chin down, tuck the tail bone under and round your back. As you inhale come back to a straight back position.

Repeat 5 times. If you find your wrists start to ache, sit back and rotate your wrists first one way then the other.

## 5 Dynamic Cat/ Hare flow and waves



Begin again in cat posture, inhaling move your buttocks back to your heels into hare pose, exhaling move your head and chest in a forward motion upwards and towards your hands. Exhale repeat by taking the buttocks back to the heels.

Repeat 5 times moving slowly with the breath. Stop and rest whenever you may need to.

## 6 Childs Pose



Rest here and breathe for 10 slow breaths. Be comfortable by *bringing* your toes together knees apart to accommodate your bump. Place a blanket under your knees for comfort and use a block or blanket to rest your head if your blood pressure is low. Think about lengthening the spine and finding space for your breath and your baby. Focus on your breath.

## 7 Trikonasana – The Triangle pose



**Come up into a standing position**

This is a lovely pose for pelvic flexibility, lower back, shoulders and legs. But be careful to take it easy and do not over stretch yourself as your ligaments are soft.

Using the wall, step back a 12 – 18 “or so. Turn your front toes to face the wall and your back heel to turn in slightly so that you feel comfortably balanced. Inhale and raise your arms out to the side and feel the space you are creating for your baby.

Exhale and reach out towards the wall, thinking about grounding the back foot into your mat. Rest the front arm on the wall and reach the back arm up above your head.

## 8 Phantom Chair



This is a lovely pose to open your shoulders and take the strain out of your lower back. Stand with your back to the wall with your feet 8 – 10 inches away. Flatten your whole back including your shoulders, arms head against the wall. Inhale and as you exhale relax your spine, bend your legs and slide down the wall really slowly. Tilt your pelvis so that the middle of your back touches the wall. Your knees should not go ahead of your toes. You can also take your arms above your head in this pose, with the backs of the hands on the wall. Hold the pose for up to 7 full breaths then using your hands push yourself up and away from the wall to come out of the posture. Rest and Work up to doing it twice more.

## 9 Relaxation & Breathing Practice



Find a comfortable position such as this semi reclining position using support and cushions. Practise your 3 part breath.

Begin by taking your awareness and sending it around your body telling each part of your body to soften and relax. Then move your awareness and notice your breath, how it moves in and out of your nostrils. Then begin the 3 part breath by firstly breathing deeply into the diaphragm, hold and breathe into the the back and the ribs finding extra space between yourself and your baby, finally continue the breath up to you arm pits, then using a long slow exhalation, breathe out. Do this for up to 10 breaths then relax and enjoy the moment.

## Well done



All of these postures have been put together for your own personal practise in your 2<sup>nd</sup> trimester. Each one will help your body as it progresses through the pregnancy. By doing them in sequence on a daily or alternate daily basis you will build up your strength, flexibility and stamina. Positions such as the cat posture are ideal positions to practise now as they are particularly helpful during labour. Using the breathing technique will help you to find your own breath as the baby increases and takes up the space upon your diaphragm and lungs. Always remember to listen to your body. Take your time and be careful not to overstretch. Stay hydrated and rest whenever you feel like it.