

PREGNANCY PRACTICE on SHRI/Beauty

THEME: Shri: Beauty

ACTION: Anusara 3-As & Universal Principles of Alignment (Lower Body)



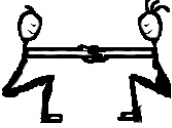




CENTERING with PRANYAMA:



TADASANA - Mountain
Raise & lower arms with breath
UJJAYI Breath w/ sss, Ah,
O, Mmm to AOUM

- Open to Grace - Open to the bigger energy

- Connecting deeply to self, to baby, to others

POSE	Anusara UPAs/actions	Prenatal Purpose
 <p>UTTANASANA to shine out</p>	Muscular Energy Draw to midline, calm nervous system	Hormonal changes make body unstable and tendency to hyper-extend
 <p>PRASARITA PADOTTANASANA</p>		
DEEP CLEANSING BREATHS in between Asanas		
 <p>PARTNER SQATS with Block between thighs WORK the ABs</p>	Keep Muscle Energy, ADD Inner spiral - take block back takes top of thighs back, balances pelvis	Inner spiral calms nervous system, aligns psoas muscle, opens pelvic floor
 <p>ADHO MUKHA SVANASANA Downward Facing Dog With Block & Partners using Belt</p>		
 <p>PARSVAKONASANA With Inner Spiral Assist (Inner thigh to outer shin)</p>	Keep Muscle Energy & and Inner Spiral ADD OUTER SPIRAL (including Shins In)	Creates stability and confidence
 <p>TRIKONASANA With partner assist to extend and open</p>	Keeping all above add ORGANIC ENERGY - balances action	Say YES to life, ride the wave of Grace
 <p>MOMMA BUDDHA SQAT with NADI SHODNA (Sweet Breath) KEGELS</p>	All UPAs	Draw back to the center and shine out
<p>BELLY DANCING</p>	Open to Grace Open to the Flow	Draw inward Listen to the rhytym of nature