

# PREGNANCY YOGA PRACTICE on EFFORT & SURRENDER












**THEME:** Balancing Effort & Surrender

**ACTION:** Muscle Energy & Organic Energy

**CENTERING:** Taking a Good Seat  
Setting the Theme  
Chant Invocation

**PRANYAMA:** 3-Part Breath

Step into the flow of the universe

| POSE   |   | Anusara<br>UPAs/actions   | Prenatal<br>Purpose  |
|--|---|---|--|
|                 | <b>SUKASANA</b> with hands through Namaste & UJJAYI Breath w/ sss, Ah, O, Mmm to AOUM                   | <ul style="list-style-type: none"> <li>Open to Grace - Open to the bigger energy</li> <li>Long side body</li> </ul> | <ul style="list-style-type: none"> <li>Celebrate life; remembering nature's plan</li> <li>More room for organs; ability for deeper breath</li> </ul>   |
|                | <b>Cat/Dog tilts</b> with <b>BIG AHhhh</b><br>Hip Circles with Sounds                                   | Inner & Outer Spiral - balances pelvis  | <ul style="list-style-type: none"> <li>Quiets nervous system</li> <li>Helps baby shift to optimum position</li> <li>Sounds relax pelvic floor muscles</li> </ul>   |
| <b>FLOOR FLOW (DEEP CLEANSING BREATHS)</b>   |   |   |  |
|  <b>TABLE</b> |                     | <b>PUPPY to DOWN DOG</b>  |  |
|  <b>LUNGE</b> |  <b>FLYING LUNGE</b> |  <b>PLANK</b>                   |  <b>2-4 BABY PUSH ups</b><br>EXHALE on way up   |
|               | <b>PARSVAKONASANA</b>   | Muscle & Organic Energy<br>Create balanced action, strength   | <ul style="list-style-type: none"> <li>Increase stability, Resiliency</li> <li>Safe way to stretch</li> <li>Prevents hyper-extension</li> <li>Connect to power &amp; strength needed for childbirth</li> </ul> |
|               | <b>PIGEON</b> with <b>KEGELS</b>  |   |  |
|               | <b>CHILD POSE</b> with Ahhh and <b>KEGELS</b>   | Open to Grace<br>Soften   | <ul style="list-style-type: none"> <li>Surrender</li> <li>Isolate parts</li> <li>Awareness</li> </ul>  |