

Prenatal Restorative Poses



Child's pose: Open knees wide, toes together. Rest the forehead on the floor or cross your arms and rest on your forearms.



Puppy Pose: Sometimes Child's pose isn't comfortable during pregnancy. Other options are the Puppy pose (on the left). Keep the hips above the knees and rest your forehead on your crossed forearms. If you have a birthing ball (or large exercise ball) drape yourself over the ball and make small, gentle rolling movements. Be sure to pad your knees with a blanket.



Supported Bridge Pose: This is a yummy inversion for pregnancy - for many women but not all. From your back with your knees bent, lift your hips and place a low block, bolster, or blanket under your sacrum. You can hook your legs over the seat of a chair or the end of a bed to get more elevation in the legs. Great for swollen ankles.



Supported Bound Angle Pose: So delicious but takes a lot of props - blankets, bolsters, blocks. If you've done it in class then you will know how to set it up. This is just one way you can support yourself.



Savasana on Side or Back: Never underestimate the value of reclining in a simple, comfortable position.