



Postnatal Yoga



- ★ *An introductory yoga program to support the postpartum journey.* These benefits can include but are not limited to: relaxation, increasing flexibility, and
- ★ The following **five poses** (and accompanying options) can be completed individually or as a series
- ★ It is recommended to **stay with each pose for 5-10 full breaths**

Remember:

1. Yoga is a *personal practice* and is intended to be a journey of learning, this starts by meeting ourselves where we are
2. Listen to your body, practicing yoga should not be painful*

1. Shoulder Shrugs

- Hands in lap, resting gently
- Breathe in and lift the shoulders toward the ears
- Breathe out and let the shoulders roll down and back
- Complete 5-10 times
- **Options**
 - Lift the arms overhead on the inhale, reaching as far up/back as comfortable, return to a resting position with hands on lap on the exhale
 - “Eagle” arms, holding and stretching each side through 5-10 rounds of breath



Image retrieved from <https://tinyurl.com/y64wxgno>

2. Mountain with arms overhead

- Breathe in and lift the arms overhead
- Breathe out and let the arms return to the sides
- Move the arms with energy throughout the full practice



Image retrieved from <https://tinyurl.com/ybqhtpnw>

3. Cat/Cow

- Breathe in, let the back sway like a “saggy cow”
- Breathe out, arch the back like a “frightened cat”
- Keeping the neck relaxed and a slight bend in the elbows
- *The wrists can be propped on a towel for support if needed



Image retrieved from <https://tinyurl.com/y5lu576u>

4. Child's Pose

- This is a resting pose, allow the body to relax with each breath and be supported by the floor
- The arms can either be straightened overhead or rest by the sides



Image retrieved from <https://tinyurl.com/y5a2qyry>

5. Neck Release

- Seated with hands gently resting in the lap
- Let the neck relax to one side, gently alternate drawing the ear and chin toward the shoulder
 - After 5-10 breaths, lean forward to let gravity bring the head back to center and return to neutral
- Repeat on the other side

*This handout is for educational purposes and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.