

Pregnancy Yoga Module, LYTTG 2019

11 - 12³⁰ Asana Class

12³⁰ - 1⁰⁰ Discussion + Brainstorm

1 - 2⁰⁰ — lunch —

2 - 4⁰⁰ Discussion, presentation + group work

4 - 4³⁰ Break

4³⁰ - 5⁴⁵ - Breathing Awareness focus

- Hands on assistance

5⁴⁵ - 6⁰⁰ - Housekeeping + Wrap Up.

Asana class with Reth - Friday morning

notice • contact with the floor; the space around you,
• the space within

tilt legs - gentle, small
- vary pace + rhythm



Towards setubandha:
• investigate different positions for feet
- which position is most effective for pressing feet, lifting pelvis today?

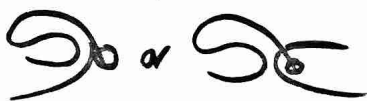
roll gently

• rotation (tilting legs - gently)
• feel weight shift • allow head to roll (explore different directions)

gently fold/unfold @ hip joints.



child pose

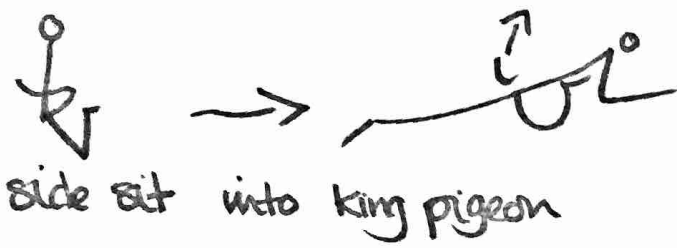


yawn
ease out,
lengthen out,
reach, then rest.

tilt legs Left + Right → into side sitting

rest

→ rpt, bringing in eyes + the feeling of turning.

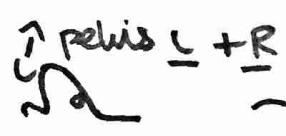


side sit into king pigeon

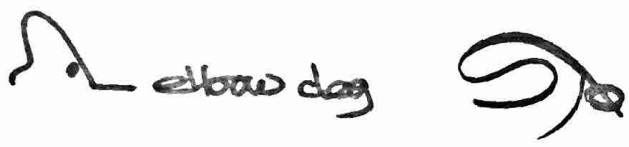
- allow pelvis to roll gently
- Left + right
- whole body experience.



Circle pelvis
 → how does this movement & travel thru you



↑ pelvis L + R



Dog pose - feet, knees wider a little
 - pelvis outlet opening

↳ transition into standing by pushing pelvis back

* Reverse + Rpt



Try all the way up onto belly + reverse into standing.



Roll forehead gently
 Left + Right on the wall

Explore rolling other parts against the wall

Turn to the side + roll your side onto / give weight to the wall.



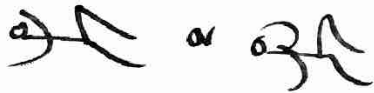
then rest your back on the wall + start to roll vertebra by vertebra on the wall

↳ Shift weight sideways, bend all legs → could put hands on chair or bolster

try dog + then lift one leg to the wall, or both



← feet wider
• tilt legs to Left + back to centre; press Right foot
• then try opposite pattern
• try different posit^{ns} for arms



Press feet, pelvis lifts - stay comfortable.

