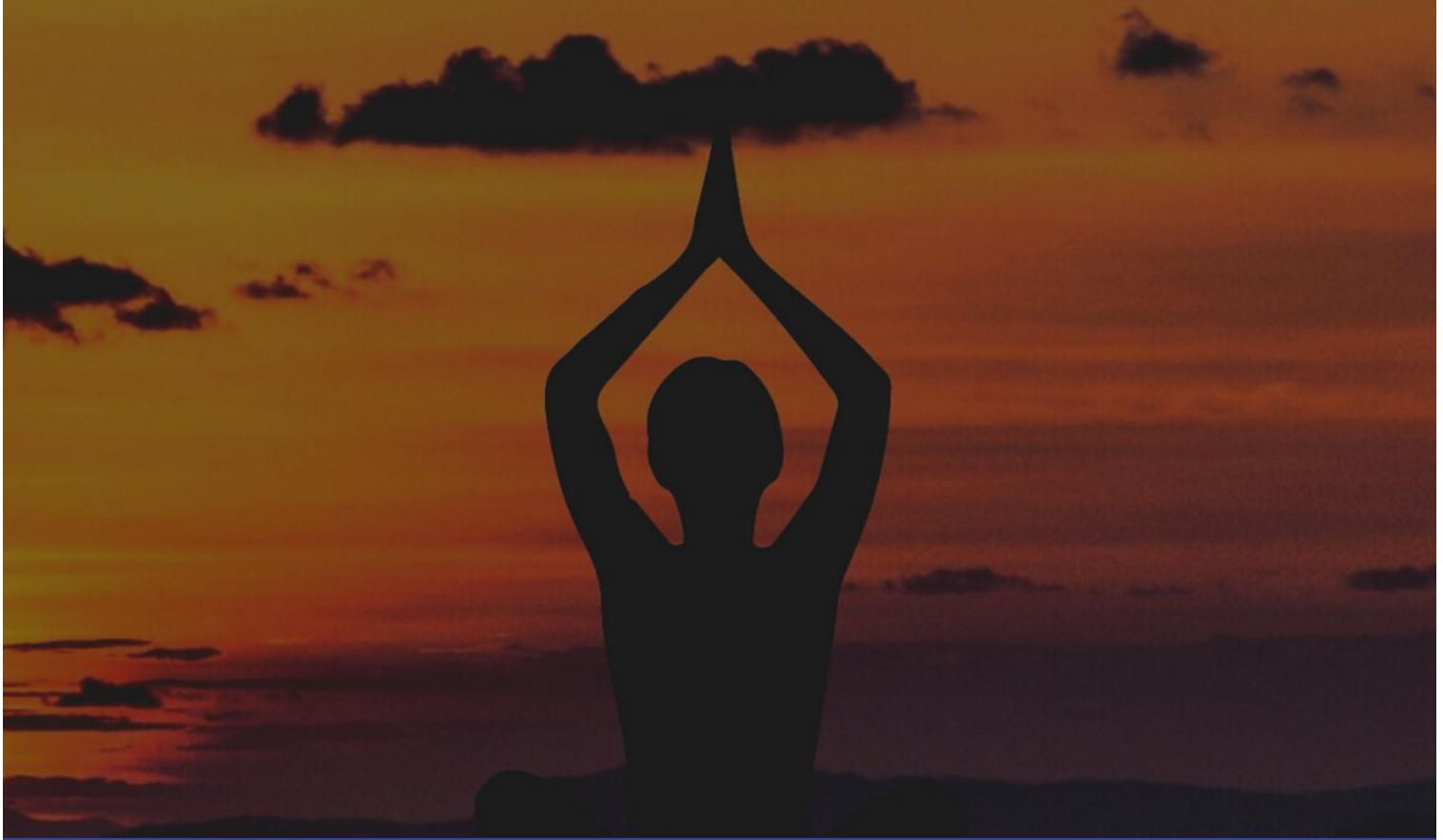


CREATING AN EMPOWERED HUMAN RACE

AARYAJANANI

PRENATAL YOGA



INSTRUCTIONS HANDOUT

MEDHAS WORKSHOP

Yoga Session Medhas

Sukshma vyayamam

1. Toes fold and unfold

- Stretch your legs forward
- Inhale, while exhaling fold your toes
- While inhaling unfold your toes



Benefits:-

- Releases blockages in small joints
- Improves blood circulation

2. Ankle stretch and rotation

- Stretch your legs forward
- Inhale, stretch your ankles forward
- Exhale, stretch your ankles backward, after few repetitions
- Rotate the ankles clockwise and anti-clockwise



Benefits:-

- Releases blockages in small joints
- Relieves joints pain

Asanas

3. Kailasasanam (easy upavesasana)

- Stand straight with legs together (can take wall support)
- Now, take 2-3 feet distance between the legs (as per your comfort)
- Point the toes outward (i.e., right leg toes towards right side and left leg toes towards left side)
- Slowly push the upper body down making the thighs parallel to the ground (as per your flexibility and comfort)
- While inhaling, slowly raise the hands above the head and adopt namaskara mudra
- Try to hold the final posture in normal breathing for 15-30secs/5 breathings (or as per your comfort)
- While exhaling, slowly bring the hands down and raise up and come to standing position.

Benefits:-

- Best posture for giving delivery to baby
- Reduces constipation
- Allows pelvic and back to rest
- Breathing becomes easier

Note:-

- In third trimester, this asana can be done with the help of a chair with no hand rests.

4. Padangustasana with wall support

- Stand facing the wall maintaining 3 feet distance with shoulder distance between the legs.
- Place your hands on the wall, leaning forward.
- Slowly bend forward making the back parallel to the floor.
- Try staying in the position for about 15-30 secs or as per your comfort.



Benefits:-

- Tones abdominal organs
- Relieves cramps

5. Easy Janu Sirshasana

- Stretch your legs forward
- Fold your right leg and place the right sole beside your left thigh
- Place a stole or dupatta around your left sole, pull and hold the stole or dupatta and bend forward (mild bending)
- Repeat the same on other leg



Benefits:-

- Strengthens the spine and muscles of the back and waist, so that the fetus remains well supported
- Relieves heaviness in the abdomen, lower back and tail bone
- Decreases swelling in the legs, reduces irritation in genitals
- Tones and activates liver, spleen and kidneys

Note:-

- In third trimester, wall support can be taken to sit.

Pranayamas

6. Nadi Sudhi Pranayama

- Sit in sukhasana and adopt nasikagra mudra with right hand



(Nasikagra Mudra:- fold index and middle fingers by keeping remaining fingers open)

- Close the right nostril with thumb and inhale through left nostril
- Then close the left nostril with ring finger and exhale through right nostril, inhale through the same
- Right nostril and exhale through left nostril by closing the right nostril.
- This is one round, repeat for 10 rounds



Benefits:-

- Clears and releases toxins.
- Reduces stress and anxiety.
- Calms and rejuvenates the nervous system.
- Helps to balance hormones.

- Supports clear and balanced respiratory channels.

7. Brahmari pranayama

- Sit in sukhasana, and hands on thighs
- Take a deep inhale and while exhaling make humming bee sound
- Repeat it for 10 times

Benefits:-

- Instant relief for tension, anger and anxiety
- Improves concentration and memory
- Reduces blood pressure

NOTE:-

***Practicing the yoga pregnancy session assumes that you have no health issues.**

***Minimum time gap to be followed between diet and exercise is: 2 hours after lunch, 30 minutes after breakfast and 15 minutes after taking any liquids.**

***Asanas should be practiced only for 15-20 minutes including warm-up exercises. Do not overstrain yourself. Always maintain physical ease and gradually enhance these stretches while observing breath.**



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