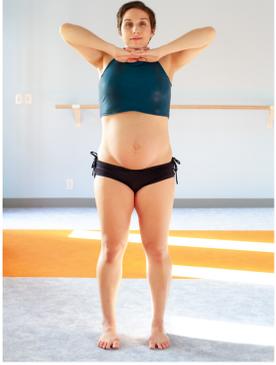


# Rajashree's **PREGNANCY** **YOGA**

## *Standing Series*



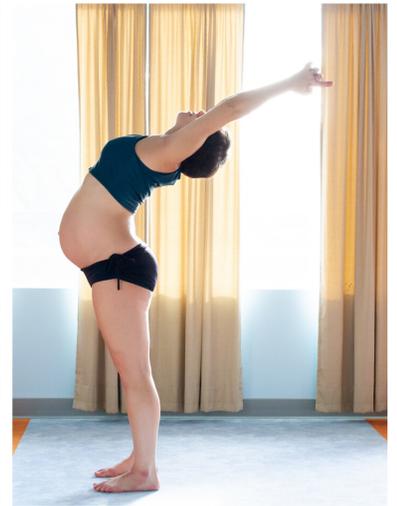
**Pranayama Deep Breathing**

Open feet 6 inches.



**Half Moon & Backbend**

Open feet 6 inches.



**Hands to Feet**

Open feet 1 foot/ as needed & grab heels from outside.



**Awkward 1**



**Awkward 2**



**Awkward 3**



**Eagle**



**Standing Head to Knee**

Skip this pose entirely, rest in a comfortable position.



**Standing Bow Pulling**

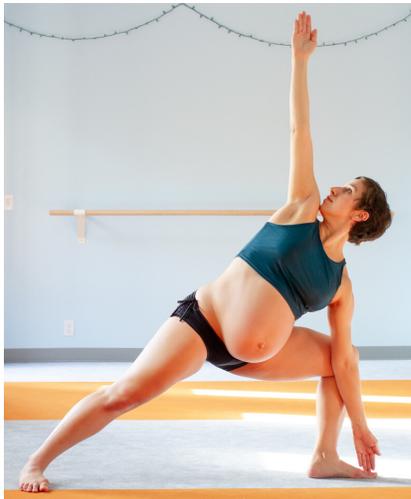


**Balancing Stick**



**Standing Separate Leg Stretching**

Bend forward & put hands on floor first, then grab heels.

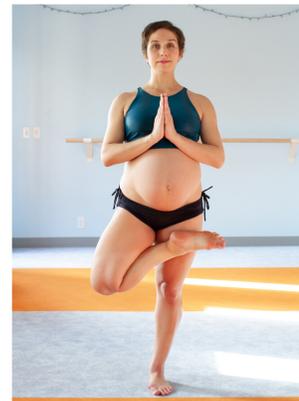


**Triangle**

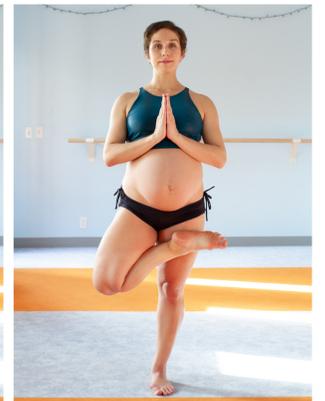


**Standing Separate Leg Head to Knee**

Skip this pose entirely, rest in a comfortable position.



**Tree**



**Toe Stand**

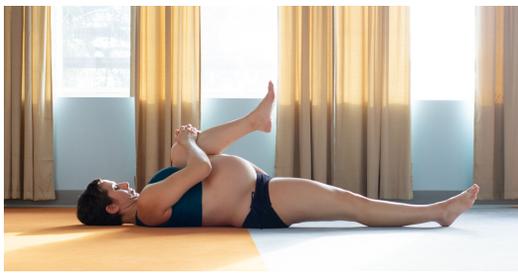
Repeat Tree pose.

## *Floor Series*



**Savasana**

Relax on your left side with left arm under your head and one leg bent. It is also ok to lie on the right side if it feels more comfortable.



### Wind Removing (1)

Pull right and left leg to the side away to avoid compressing abdomen.



### Wind Removing (2)

First set of both legs, grab knees and open legs wide to the side, avoiding abdomen.



### Wind Removing (3)

In 2nd set of both legs, grab soles of feet together with both hands and pull feet toward the pelvis, opening the knees wide.

### Sit-Up

Avoid the sit-up. Roll to the side to change from one posture to the next.

## No Spine Strengthening Series

Replace with Half Fish, Bridge and Kneeling Locust.



### Half Fish

Lay on your back and lift chest with the help of the elbows or by pushing with hands on the floor beside the ears. Place top of the head on the floor with chest lifted, and legs straight out and together. Hands down side, palms facing down. Hold for 20 seconds. Savasana 20 seconds. Repeat.



### Bridge

While the class does Locust, do Bridge. Bend knees, bring feet as close to the hips as possible, hip width apart. Grab heels or keep hands on floor, palms facing down. With feet flat on the floor, lift hips up and hold for 20 seconds. Savasana 20 seconds. Repeat.



### Kneeling Locust

While the class does Full Locust and Bow, do Kneeling Locust. On all fours, hands under shoulders. Stretch right leg back, hold 20 seconds. Repeat with left leg for 20 seconds. Rest kneeling for 20 seconds, savasana 20 seconds. Repeat.



**Fixed Firm**



**Half Tortoise**

Open knees wide, feet together.



**Camel**



**Rabbit**

Skip this pose entirely, rest.



**Head to Knee**

Keep abdomen facing center to avoid pressure when grabbing the foot.



**Stretching 1**

First set of Stretching, legs apart in a wide split. Grab toes and pull body down, or place hands on the floor in front.



**Stretching 2**

Bring soles of the feet together and hands on knees to push knees down. Shrug shoulders to the ears. (Or grab soles of feet.)



**Half Spine Twist**

Bottom leg straight out and hug the bent knee. Place back hand on floor for support.



**Blowing in Firm**