



YOGA THERAPY & EDUCATION
WITH MENCHU

I : inhale

R: right

X: rounds

E: exhale

L: left

' : minutes

B: breaths

S: each side

" : seconds

Antenatal Yoga Sequence

Date:

May I be happy; may I be healthy; may I grow and develop.
May my baby be happy; may my baby be healthy; may my baby grow and develop.

1. Restorative 5'-10'

Full yogic breath (upper and middle chest, and belly) with awareness of breathing on the back of the body. Golden thread (inhaling through nostrils, exhaling through pursed lips. Pelvic locks (front, back and centre).



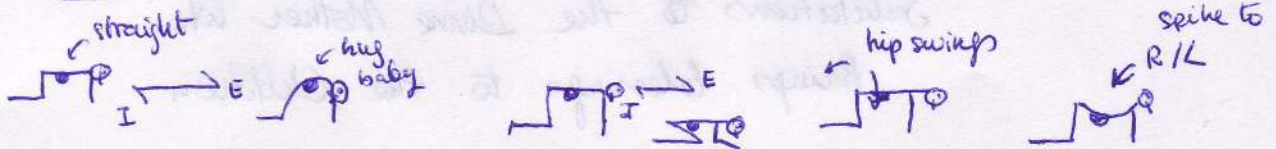
Cobbler's pose: body supported at 45° angle (if not possible, back against wall) and hips on cushion. Feet together; knees to the sides, cushions under thighs. Δ Chin towards chest = elongated neck.

2. Transitions



* knees come off / go down at the same time

3. Floor



4. Scooping + Camel walk

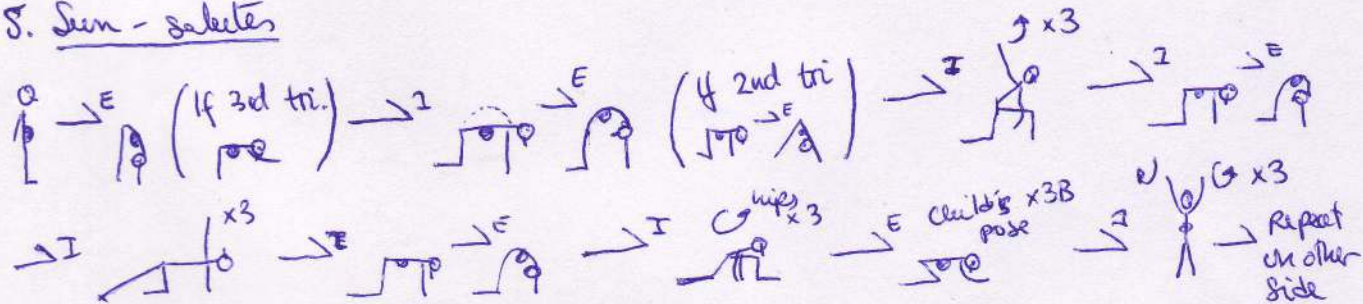


Tailbone draws full circles: up-back-down-front



Continuously with 'scooping', use the inertia to lift legs alternatively.

5. Sun - salutes



6. Wall

(walk slowly to wall; at the end, walk slowly backwards to mat)

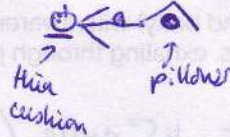


Ladder
(stretch)



Date

7. Savāsana



Full yogic breath with golden thread until 'bodymind' settles

Visualise most vividly how you would like labour to go and how you two will meet for the first time, face to face.

"Om Kumara Kushalo Dayayei Namaha"

Salutations to the Divine Mother who Brings blessings to the Children

(You may like the Deva Premal and Mitten version of this mantra).