

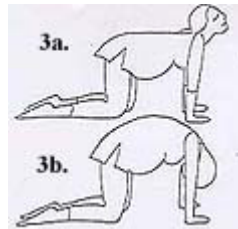
Pregnancy Yoga Set #2

1. Easy Pose. soles of the feet are together. Inhale, relax thighs. Exhale, press thighs to floor. 1-3 minutes.

2. Stretch out both legs and spread them wide apart. Inhale, stretch back up straight, Exhale, lower upper body to left leg. Hold onto toes during the movement. 1 minute to each side.



3. Come onto the hands and the feet. Inhale and stretch the head up, relax back (but no sway back). Exhale, stretch up back (like a stretching cat). 1-3 minutes.



4. On hands and knees relax head and begin to rotate the hips in large circles. 1-3 minutes in each direction.

5. On hands and knees. Inhale, bend head and hips to the left. Exhale, bend head and hips to the right. 1-3 minutes.



6. Relax in baby pose. 3-5 minutes.

7. On hands and knees. Inhale, lift right leg and head up. Exhale, bring chin and knee to chest. 1-3 minutes. Continue on other side.



8. Come into the squat. Begin to move the knees back and forth with the elbows, 1-3 minutes, 9. Slowly roll head in circles. 1-3 minutes.