

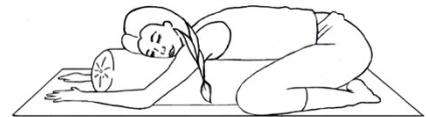
A Supportive Yoga Sequence for the First Trimester

By Ana Davis

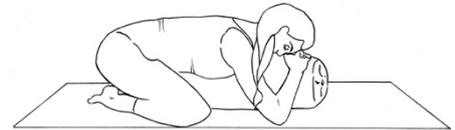
1. Supported Child Pose

Simple Version

Rest your head to one side, or if you prefer for the neck, make a pillow by interlacing the hands and resting the forehead on the back of the hands



Rest here for up to 10 minutes, working with some releasing, Falling Out Breaths – breathe out deeply through an open, relaxed mouth, feeling your tiredness and exhaustion floating away with the breath.



Lush, Inclined Version

This version may be more comfortable for some women with morning sickness as the head is raised a little higher than the heart.



Raise one end of a bolster up on another bolster or a yoga brick so it is inclined and place 1-3 folded blankets on top of the bolster (see props illustration below). Rest your chest on the blankets and bolster, making sure your head is off the blankets. Thread your arms underneath the inclined bolster, so that you are hugging the bolster.

2. Supta Baddha Konasana (Reclining Groin Stretch)

Raise a bolster up on one end with another bolster or a yoga block. Come to sit in front of the low end of the bolster, place the soles of your feet together and lie back gently over the inclined bolster.

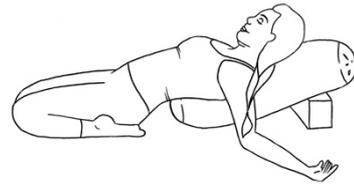


Make sure you support your knees by wrapping a blanket around the legs (see picture) and/or propping underneath the knees with blocks/ blankets/ cushions. And if you have any SIJ (sacroiliac) issues have a good space between your buttocks and the end of the bolster.

Relax back here for up to 10 breaths filling up the belly and the heart-centre with rejuvenating breaths.

3. Supta Virasana (Reclining Heroine Pose)

In addition to or instead of the above posture, Supta Baddha Konasana, you can do Supta Virasana as this posture is known for its beneficial effects on the digestion, and digestive issues are quite common in the first trimester.



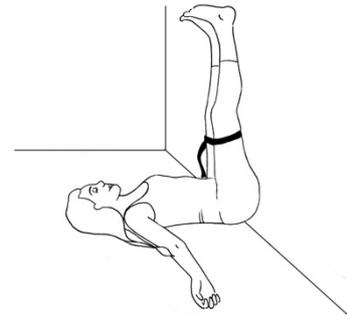
Again, raise up one end of the bolster so that your heart and head are higher than your belly which can help with the nausea.

4. Simple Legs up the Wall

The simple version in which you don't raise up your hips with a bolster or blanket, but simply have your buttocks on the floor is the best option for the first trimester.

Firstly, this is because it is the easiest to get into and I find that for your home practice during early pregnancy, you want things to be as 'fuss free' as possible.

Secondly, this simple version enables your legs to be inverted but no other part of the body which can be helpful for nausea.



As pictured, you may want to tie a strap around your lower thighs, just above the knees as this helps hold your legs together so you can totally relax your leg muscles, hips and lower back.

Stay for up to 10 minutes in this extremely restful and rejuvenating posture.

Namaste.