

Breathe!

Nourish your baby with every breath.

We will use each of these techniques in class at different times while practicing the yoga postures. If you get light headed while practicing these breathing techniques then simply return to your normal breathing pattern until the sensation subsides, then continue again at a slower pace. It is not necessary to deepen your breathing during these exercises, as your body takes more oxygen from each breath as a result of the pregnancy. Focus instead on being aware of each breath.

Belly Breathing

This gentle breathing technique helps to strengthen abdominal muscles that are used during childbirth.

1. Relax your abdomen as you inhale, allow your belly to expand and create more room for your baby.
2. Exhale and gently pull your abdomen in, hugging your baby.
3. Relax your abdomen on your next inhale.

Easy Breath

This soft and calming breath is an essential tool for working with contractions in the early stages of labor. Practicing this breath in yoga postures will help condition your body's response to pain and stress. Normally in yoga we inhale and exhale through the nose, but no woman ever gave birth exhaling through her nose so we encourage you to practice soft exhales through the mouth.

1. Inhale, calmly and comfortably through the nose.
2. Exhale completely, slowly and smoothly through parted lips.
3. Pay attention to the duration of each inhale and exhale.

Cleansing Breath

These slow expulsive breaths can be a great way to release, release into yoga postures and release out of labor contractions. Sound can also be a useful tool in the cleansing breath, low drawn out tones are most beneficial.

1. Slowly inhale, relaxing and expanding your belly.
2. Exhale through an open mouth releasing a gust of air and/or sound.

If you have questions about yoga please contact a certified prenatal yoga teacher.

Mamaste Yoga™ salutes the mother in all of us and nurtures the mother who nurtures the child.

Mamaste!

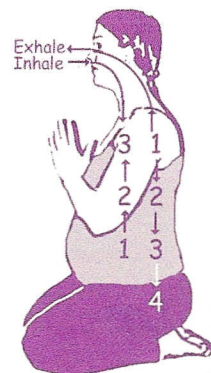
Mamaste Yoga ✨



nurturing mother, nurtures the child

Birthing Breath

During pregnancy we reverse the 3-part breath. Normally, one would inhale from the abdomen first and exhale from the abdomen first- however in pregnancy we reverse this to help prepare for childbirth.



Inhale

1. Feel as if your belly were filling with air,
2. Expand your ribs,
3. Finish your inhale by filling your upper chest.

Exhale

1. Empty from the upper chest first
2. Followed by the ribs
3. And then belly,
4. Finish by imagining the breath leaving through the vaginal opening and into the floor.

Focusing Breath

This exercise helps to clear your mind and is very useful in both relaxation and stressful situations as well as during bouts of insomnia.

1. Inhale and think "one"
2. Exhale and think "two"
3. Continue inhaling on odd numbers and exhaling on even numbers until you reach the number "ten".
4. If your mind begins to wander, start over at "one".