

PREGNANCY YOGA SET #2

1. Sit in easy pose, with your right hand in your lap, palm face up. Raise the left hand up in the air at a 60 degree angle, palm flat and face forward. Keeping the left elbow straight, stretch the palm and finger tips tight, pulling back as far as possible to create a pressure. 1 minute. Switch sides. 1 minute.



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2. Still sitting, raise both arms up to 60 degrees, pulling the hands back at the wrists. Hold the position steady. Feel the energy between the hands. Let the aura start to increase as you breathe long and deep. 1-1/2 minutes.

3. Bring both arms up to 60 degrees, make the hands into fists, thumbs inside. Keeping the elbows straight, begin to rotate the fists in circles on the wrists. Exhale down. 1 minute.



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4. Place the arms out to the sides of the body, parallel to the floor. Bend the forearms up, about 45 degrees towards the ceiling. Keeping the hands in fists with the thumbs inside, begin rotating the forearms and hands in circles. 1 minute.



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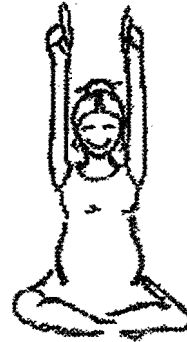
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5. Place the arms out to the sides, palms flat and facing the ground. Keep the spine straight, and slightly cup the fingers & thumbs together. Hold with long deep breathing. 1 minute.

6. Raise your arms over your head, elbows straight. Make the hands into fists, & do the following

- * Extend the Index Fingers straight up, then close.
- * Extend the Middle Fingers, then close.
- * Extend the Ring Fingers, then close.
- * Extend the Pinkie Fingers, then close.

Continue in this fashion, to balance the brain. 1 minute.



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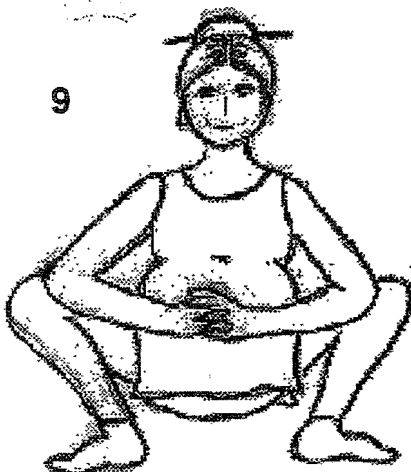


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7. Bring the soles of the feet together, and bounce your knees up and down. 1-3 minutes.

8. Extend the legs out in front of you. Place your hands on the floor behind you, elbows straight. Point the toes. Inhale & raise the right leg off the ground 6 inches. Exhale down. Inhale & raise the left leg 6". Exhale down. 1 minute.

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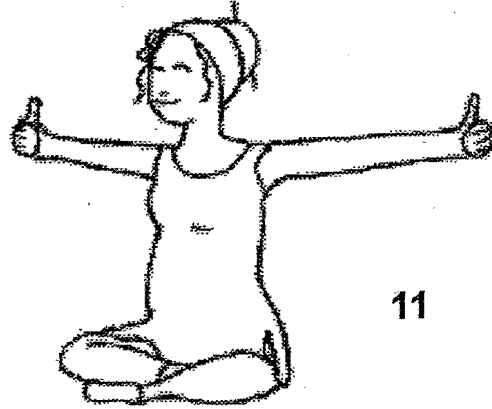
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10. Sit in easy pose. Bend the elbows down by the sides. Place the hands in front of each shoulder, and let them relax on the wrists. Begin to rotate the shoulders in big forward circles. 1 minute. Then move in backward circles. 1 minute.

9. Come into a squatting position, feet flat on the floor. Relax in the position, 1-3 minutes.

11. Extend your arms out to the sides. Make your hands into fists, with the thumbs extending up. Twist your arms, head and torso to the left on the inhale, twist to the right on the exhale.
1-3 minutes.



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12. Drop your chin into your chest. Slowly and gently, begin rolling your head in large circles.
1 minute, each direction.



13

13. Interlace your fingers, and extend the index fingers straight out. Bring the arms parallel to the ground in front of you. Hold the position, while concentrating on the fingertips, extending an imaginary line out to a place on the horizon.
3 minutes.

14



14. Relax on your side for 1 minute. Place a pillow under your head, or curl your arm and rest your head on it. Inhale, roll the pelvis back into a sway back. Exhale, roll the pelvis forward. Continue with a full and steady breath.
3-5 minutes each side.

Then totally relax for 10 minutes on your side.