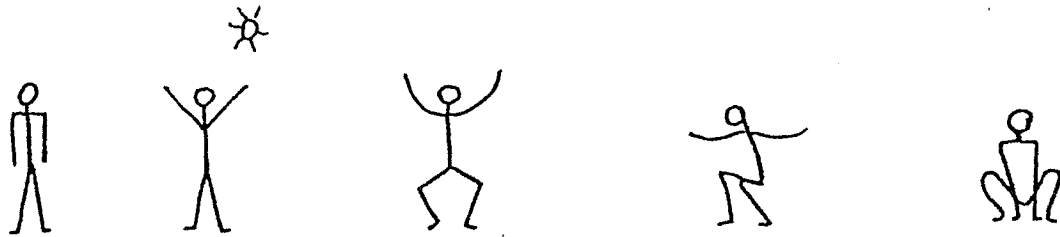


Sun Salutation mid- to late Pregnancy



① TADASANA
FEET HIP WIDTH APART. STRONG ROOTING STANCE
INHALE/EXHALE X2

② BEND KNEES AND LIFT ARMS SLOWLY FROM SIDES.
INHALE + EXHALE STRETCHING WITH KNEES BENT IN A HALF SQUAT.

③ INHALE AGAIN ON THE EXHALE GO LOWER WITH A WIDE SQUAT + BRING YOUR HANDS TO THE FLOOR IN FRONT OF YOUR FEET

DOG SEQUENCE



④ WALK YOUR FEET BACK INTO A DOG POSE WITH A WIDE BASE, KEEPING YOUR KNEES BENT TO INCREASE THE STRETCH IN THE LOWER SPINE.
INHALE + EXHALE TO LOOK AT YOUR NAVEL X3 TIMES.

IF YOU ARE EXPERIENCED IN YOGA, STRAIGHTEN YOUR LEGS FOR MORE STRETCH IN THE LEGS - PROVIDED YOUR BACK CAN REMAIN STRAIGHT

CAT SEQUENCE

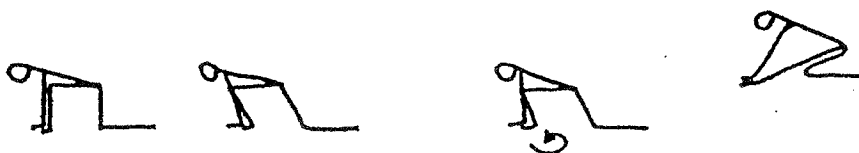


⑤ BRING YOUR KNEES ON TO THE FLOOR KEEPING THE SAME WIDTH. INHALE - AS YOU EXHALE, DROP YOUR HEAD + ARCH YOUR BACK UP.

CONTINUE EXHALING + ROLL BACK TOWARDS YOUR HEELS. IDEALLY SIT ON YOUR HEELS SO THAT THE WHOLE BACK IS STRETCHED.

INHALE AND START BENDING YOUR ARMS TO BRING YOUR BODY FORWARDS, KEEPING YOUR NECK SOFT.

* MOVE FORWARDS + BACKWARDS X3 TIMES - INHALE FORWARD, EXHALE BACK



* VARIATION 1 STRAIGHTEN + STRETCH THE FORWARD LEG TWO OR THREE TIMES BEFORE CHANGING LEGS

⑥

LEAVING YOUR HANDS WHERE THEY ARE, BRING ONE FOOT FORWARD TO THE OUTSIDE OF YOUR HANDS WITH AN INHALATION

ROLL YOUR BODY OUT TO THE SIDE IN A WIDE MOVEMENT. BREATHING DEEPLY X 3. TIMES

* REPEAT ON THE OTHER SIDE



* VARIATION 2 INHALE + RAISE YOUR ARMS. LOOK UP, EXHALE TO STRETCH MORE. LOWER AT END OF EXHALATION - AVOID ARCHING YOUR BACK