



EXERCISE DURING PREGNANCY & POSTPARTUM

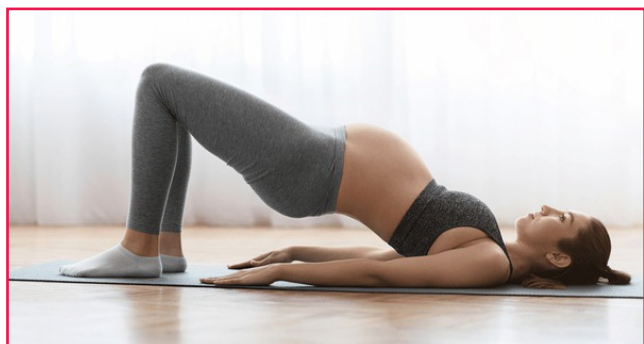


Stay strong, energized, and supported through every stage of motherhood. Safe, gentle movement can ease common discomforts, improve mood and prepare your body for both delivery and recovery.

BENEFITS OF EXERCISE DURING PREGNANCY:

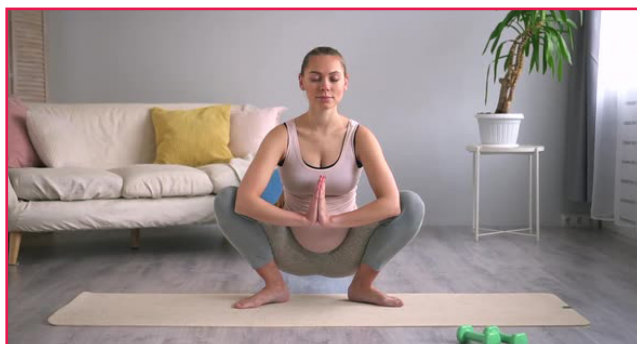
- Boosts energy & improves sleep
- Supports mental health & reduces stress
- Reduces back pain & swelling
- Strengthens muscles for labor & recovery

HELPFUL YOGA POSES FOR EXPECTING & NEW MOMS:



BRIDGE POSE

Acts as a mild inversion, which may encourage baby to slide up out of the pelvis and create more room for movement — sometimes helpful in turning a breech baby. *NOTE: it is not recommended at 36+ weeks if baby is in optimal positioning.*



SQUAT POSE

Opens the hips and pelvis, helping to build flexibility and strength for labor. Daily practice can prepare the body for birth and support pelvic floor mobility. *NOTE: it is not recommended at 36+ weeks if baby is not yet in optimal positioning.*



LOW LUNGE POSE

Regular, dynamic practice helps prepare the body for birth. An excellent, grounding position to move through during active labor



SIDE-LYING POSE

Resting on the left side supports circulation and is an appropriate way to relax after practice. Can also be a supported, natural position for the delivery of baby.