

vinyasa

by Ana Davis

Post Natal Sequence Warm up with your usual poses before this series

Strength and stability

From six weeks onwards, the body has had some time for restoration of the uterus and energy levels begin to return. The mother can now focus on some stronger poses that will enhance her energy and continue the work of knitting back the birthing muscles-pelvic floor and deep abdominals.

Strengthening the core muscles will also be beneficial in supporting a weakened back, which is essential to help combat the relentless forward bending postural strains caused by carrying and caring for her baby.

one



AB ROLL-UPS

With block between knees/inner thighs and hands interlaced behind head, curl up head, neck and shoulders off floor with exhale, making sure you draw the navel back to the spine and draw up through the pelvic floor. Exhale and lower head down again. Repeat 5-10 times.

two



RAMP POSE (A)

Again with block between knees, roll the spine off the floor, vertebra by vertebra on the exhale until you are in a 'ramp pose' with knees, hips and shoulders in one line. Hold for a few breaths, focusing on hollowing navel back to spine and squeezing the block between your knees on each out-breath. Roll down through spine on exhalation. Variation (B) raise arms overhead and keep them there as you roll down through the spine to help release tightness in the thoracic spine. Repeat 3-8 times.



(B)

three



KNEES TO CHEST

With each hand on in each knee, circle knees to massage sacrum on the floor and relax abdominals completely.

four



SINGLE LEG RAISES

Start with legs at right angle on exhale draw navel to spine, inhale lower one leg towards floor, exhale and raise the leg back next to other, into the right angle position again. Repeat on the other leg. Repeat 5 times on each leg.

five



KNEES TO CHEST

With each hand on in each knee, circle knees to massage sacrum on the floor and relax abdominals completely.

six



seven



PASSIVE BRIDGE POSE

Lie lengthwise along a bolster with tips of shoulders and head lightly resting on floor and the bolster lifting up between the shoulder blades, legs bent up. Rest and breathe deeply for 3-5 minutes. Then finish in Shavasana (relaxation pose) resting on the floor.

TABLE-TOP TWISTS

With knees over hips and arms about 45 degrees from side of body. Inhale and lower the legs half-way towards the left, just as far as you can keep opposite right shoulder into the floor. Exhale, drawing navel strongly towards spine and keeping knees squeezed together, and bring legs back to centre. Repeat to the right side. Repeat 4 - 8 times each side. Then rest with legs all the way over onto the floor in a passive twist on each side.