

PRENATAL YOGA SEQUENCE

Gentle Flow for All Trimesters

Cat-Cow Stretch 10 BREATHS
Child's Pose (Wide Knee) 2 MINUTES
Bird Dog Balance 5 REPS PER SIDE
Modified Downward Dog 5 BREATHS
Warrior II 5 BREATHS PER SIDE
Goddess Pose 8 BREATHS
Bound Angle (Baddha Konasana) 3 MINUTES
Seated Side Stretch 3 BREATHS PER SIDE
Side-Lying Savasana 5-10 MINUTES

Listen to your body. Consult your healthcare provider before beginning any new exercise routine.