

PRENATAL FLOW

Focus: Hip Opening & Relaxation Duration: 30 Minutes

01

Easy Seat (Sukhasana) Focus on deep diaphragmatic breathing. Connect with baby.

5 MIN

02

Cat-Cow Stretch Gentle spinal mobilization. Avoid deep abdominal contraction.

3 MIN

03

Wide-Knee Child's Pose Rest forehead on block or floor. Space for the belly.

4 MIN

04

Warrior II (Virabhadrasana II) Build leg strength. Keep stance wide for stability.

5 MIN

05

Goddess Pose Pelvic floor engagement and hip opening.

3 MIN

06

Bound Angle (Baddha Konasana) Sit on a folded blanket to tilt pelvis forward.

5 MIN

07

Side-Lying Savasana Left side lying with bolster between knees.

5 MIN

Always consult with your healthcare provider before beginning any new exercise routine.

Listen to your body. If you feel dizzy or sharp pain, stop immediately.