











POSTPARTUM CORE SEQUENCE

This sequence is excellent for building core strength.

Exercise	Description	Breaths	Notes
Upward Salute Page 166 	Stand with feet shoulder width apart and reach up to the sky, with palms together.	One breath - inhale	Lift the knee caps and squeeze the buttocks as you lightly draw the belly button in.
Standing Forward Bend Page 166 	Swan dive forward and touch the floor with your palms or place your palms anywhere along your thighs that is comfortable.	One breath - exhale	
Half Standing Forward Bend Page 167 	Look forward and come as close to a flat back as possible	One breath - inhale	
Plank Page 161 	Step or jump your feet back to plank on your toes or knees.	One breath - exhale	
Plank Knee to Elbow Page 161 	Bring the right knee to the right elbow for one breath and then the left knee to the left elbow for one breath.	This can be repeated for 1-5 breaths on each side	

POSTPARTUM YOGA SEQUENCE - CORE CONTINUED

Exercise	Description	Breaths	Notes
<p>Downward Dog Page 158</p> 	<p>Press back into downward dog, trying to get your heels to the floor. If your heels do not go to the floor, bend your knees. Gaze toward your belly button. Come to child's pose as shown in notes if needed.</p>	<p>Exhale and hold for 5 breaths with long inhales and exhales</p>	 <p>Child's Pose Page 157</p>
<p>Boat Pose Page 163</p> 	<p>Come to a seated position on your sit bones, holding your shins, chest lifted, eyes on the horizon, belly button drawn in. The full expression can be done as shown in notes.</p>	<p>Hold for 1-10 breaths, maintaining good form</p>	
<p>Seated Forward Fold Page 146</p> 	<p>Fold forward, reaching for your toes.</p>	<p>Hold for 1-10 breaths</p>	