







POSTPARTUM SEQUENCE - LOW ENERGY

This sequence is excellent for those who are on reduced activity, are feeling very sick and sluggish and simply do not have energy during the day.

Exercise	Description	Breaths	Notes
Seated Meditation Page 1341 	Sit quietly in a comfortable position on the floor or elevate the hips with a block or blanket.	10 breaths, inhaling up the spine for 6 counts, hold for 2 counts at the top and exhaling down the front of the body for 6 counts.	
Cat Pose Page 142 	Come to all fours and round the back like a cat as you exhale.	1-5 breaths	
Cow Pose Page 142 	Inhale and release the back like a cow. If this places stress on the low back, come to table top pose shown in the notes section.	1-5 breaths	Table Top Page 142 
Thread The Needle - Upper Body Page 152 	From table top, slide the left hand under the body and place the right palm by the face, with the elbow bent. Press the right palm into the floor and rotate, opening the shoulder.	1-5 breaths and then switch sides.	
Thread The Needle - Lower Body Page 152 	Lie on your back with knees bent and bring your right foot on top of your left thigh. If you need more stretch, pull the left leg toward the body.	1-5 breaths and then switch sides.	