










POSTPARTUM YOGA SEQUENCE - UPPER BODY

This sequence is excellent for strengthening the upper body and opening the wrist.

| Exercise | Description | Breaths | Notes |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Downward Dog Page 158  | 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. | Exhale and hold for 5 breaths with long inhales and exhales | |
| Plank Page 161  | Step or jump your feet back to plank on your toes, or knees. | Hold for 1-5 breaths | |
| Chaturanga Page 159  | Let yourself down into chaturanga, with thighs on the ground, or off the ground, as shown in notes | Hold for 1-5 breaths | Chaturanga From Toes Page 159  |
| Upward Dog Page 160  | Inhale and press up to an upward dog, or come to a full cobra position, shown in notes. | Hold for 1-5 breaths | Upward Dog From Toes Page 160  |
| Downward Dog Page 158  | 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. | Exhale and hold for 5 breaths with long inhales and exhales | |

POSTPARTUM YOGA SEQUENCE - UPPER BODY

This sequence is excellent for strengthening the upper body and opening the wrist.

| Exercise | Description | Breaths | Notes |
|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------|
| <p>Wrist Opener Page 148</p>  | <p>Kneel with the back of your hands against your thighs, pinky fingers touching. Slowly lie on your hands so the hands are under the pelvis.</p> | <p>Exhale and hold for 5 breaths with long inhales and exhales</p> | |
| <p>Child's Pose Page 157</p>  | <p>Fold forward with feet together and knees wide to allow a place for your belly to drop. Extend your hands over head, or place them by your sides.</p> | <p>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.</p> | |