



PREGNANCY MINDFULNESS & RELAXATION

SAMPLE 4 WEEK CLASS PLAN

WEEK ONE

Welcome & Icebreaker: Name/EDD/First baby? How do you feel?
Relaxation: Reclined Butterfly Pose with Belly Breath
Neck & Shoulder Release: Paintbrush on Nose/Big Circles with Nose
Seated Poses: Staff Pose with Ankle Rotation/Seated Twist
Kneeling Poses: Cat Cow/Cat Cow Dance
Standing Poses: Mountain Pose/ Piano Toes/Shifting Balance Circles
Squatting Exercises: Squatting with blocks & Birthing Breaths/ Horse Lips Breath
Exercises with Ball: Pelvic Tilts and Hip Circles
Total Body Relaxation: Side Lying Relaxation on left side
Closing Meditation: Heart Womb River Greeting/Warm Hands Hug

WEEK TWO

Welcome & Icebreaker: Rebozo Self Care
Relaxation: Reclined Butterfly Pose with Belly Breath
Neck & Shoulder Release: Arm Overhead Neck Stretch, Hand to Occiput Neck Stretch, Chin to Chest
Seated Poses: Seated Forward Fold/Butterfly Pose/ Ocean Breath
Kneeling Poses: Cat Cow/Cat Cow Dance/Supported Child Pose
Standing Poses: Mountain Pose/ Piano Toes/Shifting Balance Circles/ Tree Pose
Squatting Exercises: Squatting ball against wall
Exercises with Ball: Pelvic Tilts and Hip Circles/ Lunging with ball
Total Body Relaxation: Side Lying Relaxation on left side
Closing Meditation: Smiling at your Heart/Warm Hands Hug

WEEK THREE

Welcome & Icebreaker: Partner Rebozo
Relaxation: Reclined Butterfly Pose with Belly Breath
Neck & Shoulder Release: Shoulder Shrug/ Side Bend Breath
Seated Poses: Sufi Grind/Half Dragon Fly with Rebozo
Kneeling Poses: Cat Cow/Cat Cow Dance/ Mothering Lotus Mudra
Standing Poses: Mountain Pose/ Piano Toes/Shifting Balance Circles/ Forward Fold against Wall
Squatting Exercises: Partner Squats
Exercises with Ball: Pelvic Tilts and Hip Circles/ Resting Child Pose with Ball
Total Body Relaxation: Side Lying Relaxation on left side
Closing Meditation: Heart-Womb-River-Greeting/ Warm Hands Hug

WEEK FOUR

Welcome & Icebreaker: Affirmation Cards
Relaxation: Reclined Butterfly Pose with Belly Breath
Neck & Shoulder Release: Paintbrush on Nose, Circles with Nose
Seated Poses: Seated Cat/Cow, Partner sitting back to back/ Humming Bee Breath
Kneeling Poses: Cat Cow/Cat Cow Dance/Supported Child Pose
Standing Poses: Mountain Pose/ Piano Toes/Shifting Balance Circles/ Dance Of Joy
Squatting Exercises: Partner Squats
Exercises with Ball: Pelvic Tilts and Hip Circles/ Kneeling and Lunging with Ball
Total Body Relaxation: Side Lying Relaxation on left side
Closing Meditation: Heart-Womb-River-Greeting/ Smiling at Heart & Warm Hands Hug