

## PREGNANCY MINDFULNESS & RELAXATION CLASS PLAN

Include exercises from each of the different sections each week.

Repetition leads to confidence - so you can keep the core exercises the same and just alternate a few different poses



### Welcome & Icebreaker

1. Introductions: Name, EDD, first baby? How are you feeling?
2. Rebozo Self Care alone or with partner.  
(Shoulder Rub, Back Rub, Hips Rub, Back of Legs Rub, Sole of Foot Rub, Partner Sifting, Hip Squeeze)

### Beginning Relaxation Pose

1. Reclined Butterfly Pose against wall with bolsters & blocks with Belly Breath
2. Easy Sitting Crossed Legs Pose
3. You can introduce other breaths now or later during seated poses - Ocean Breath, Infinity Breath, Humming Bee Breath, Seated Side Bend Breath



### Neck & Shoulder Releases

1. Paintbrush On Nose
2. Big Circles With Nose
3. Arm Overhead Neck Stretch
4. Hand to Occiput Diagonal Stretch
5. Chin to Chest
6. Shoulders to Ears Shrug



### Seated Poses

1. Staff Pose with Ankle Rotation
2. Seated Twists
3. Seated Forward Fold
4. Butterfly Pose
5. Sufi Grind
6. Seated Cat Cow
7. Seated Dragon Fly/Half Dragon Fly/ with Rebozo
8. Partner Sitting- back to back, feet on lower back



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Remind women to drink water, rest if needed, move at own pace and listen to their own body. Do not overstretch. Work at 80% capacity.



## Kneeling Poses

1. Cat Cow and Cat Cow Dance
2. Supported Child Pose
3. Kneeling Yogi Toe Pose with Mothering Lotus Mudra and Golden Thread Breath



## Standing Poses

1. Mountain Pose
2. Piano Toes
3. Shifting Balance Circles
4. Playful Tree
5. Dance of Joy
6. Forward Fold against a Wall



## Squatting Exercises

1. Squatting with blocks
2. Squatting against the wall with ball
3. Squatting with partner
4. Include the Birthing Breaths (Ah, Oo and J) and Letting Go Horse Lips Breath



## Exercises With The Ball

1. Pelvic Tilts and Circles with an Exercise Ball
2. Pelvic Floor Exercises with an Exercise Ball
3. Kneeling and Lunging with an Exercise Ball
4. Resting Child Pose with an Exercise Ball

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To extend your class further and create workshops you can add a sharing circle, invite birth partners, serve refreshments with healthy snacks, include relaxing essential oils or host a workshop with guest speaker on topic of interest eg. active birth or baby wearing



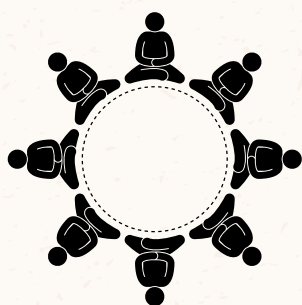
### Total Body Relaxation

1. Side Lying Relaxation (on Left side with cushions and bolsters for comfort)
2. Total Body Scan



### Closing Meditation

1. Heart Womb River Greeting
2. Smiling at Your Heart Meditation
3. Warm Hands Self Massage and Hug



### Sharing Circle

1. Use Pregnancy and Birth Affirmation Cards
2. Create Birth Art (paper chalks, water colors or crayons - find ideas in Birthing From Within by Pam England )
3. Make a Birth Mandala with Flowers and other gifts from nature
4. Pass around a Talking Stick or Crystal and share Birth Wishes

### Extra Ideas



1. Serve herbal teas (peppermint, pregnancy teas)
2. Serve dates, energy protein bliss balls or fresh fruit
3. Hand out Lavender, Peppermint or Orange 100% Essentail Oil on a cotton pad (just one drop) to breathe during class.