



Postpartum Core

whole mama yoga



Stand tall, with your feet hip distance apart. Lengthen your tailbone and soften your knees, so your legs aren't locked. Tuck in your lowest ribs, but don't allow your shoulders to roll forward as you do. Take a deep breath in, and as you exhale breath out through your mouth, engaging your deepest layer of core by pulling your belly-button toward your spine. This is a great first pose to start with in postpartum recovery!



Begin on your back. Place a block or ball between your thighs. Lift into bridge pose, floating your seat, low back and rib cage off the mat. Press your heels into the mat and lengthen your tailbone, engaging your core. Inhale here, and as you exhale, squeeze into the block, pull your bellybutton toward your spine (engage your core more), and engage pelvic floor muscles (do a kegel). Inhale to soften all of those places of engagement; exhale to engage again. Repeat 3-8 times.



Begin on your back. Lift your legs, stacking your knees over your hips and your shins parallel to the mat. Place your hands on your thighs. Press your low back into the mat and tuck in your lowest ribs. Take a breath in, and as you exhale press your hands in to your thighs (but resist and do not allow your legs to move.) Repeat this, inhaling to soften and exhaling to press, for 3-10 breaths. Keep your head and neck on the mat.