

Prenatal Partner Yoga
Taught Tuesday, May 11 by Sara Rossi

Acknowledge this gathering, this time for yoga that supports the powerful transformation for pregnancy, mind, body and spirit.

Yoga that promotes the practice of having faith in our magical body, in our ability to focus, to balance, to connect, to breathe, to birth.

Yoga that allows us to consciously connect to your partner and your baby

Yoga that supports, validates and celebrates women being born into mothers.

SIT IN FRONT OF EACH OTHER, knees touching

Hands on each others legs, lean in until foreheads lightly touch. Eyes closed. Feeling the rhythm of your breath. This bond will help your communication in so many ways.

Take a moment to connect.

As we come into each other's presence, we do so with deep regard for the whole person.

Time, energy, trust and wisdom are precious gifts to give and receive.

Take a moment to feel each others energy, presence , breath, your baby, your mutual support and unlimited growth. A perfect circuit between mind, body, and spirit

Communion between the 3 of you, with divine consciousness and unconditional love.

SIT BACK TO BACK

pressing backs together, making full contact. Recognizing each other's back body, each other's breath, breathing pattern. See if you are able to synchronize your breathing at the same time with a deep and steady breath. Moving together and breathing together invites a deep connection and builds trust between you.

Hands to heart, set the intention to connect and support each other today and off the mat throughout pregnancy , birth and beyond.

Close your eyes

Inhale and exhale AAAA

Inhale and exhale OOOOO

YAWN

Use same A but make it deeper and more open

RRR

BRRR horse lips

Feel your face

Inhale notice the skyward lift of your elongating spine

Exhale imagine your breath moving into the earth beneath you

Inhale allow the breath to support your back

Exhale peace, relax your brow, eyes, jaw, shoulders, hips

Offer support, receive support, until there is one thing: BALANCE

Feel and notice and connect each others breath.
Maybe you can feel each other's heart beat....

On your next exhalation , drop your chin to your chest.

Inhale rolling your head slowly to the R until your ear is over your R shoulder .

Exhale release tension

Inhale roll your head back to rest on your partners shoulder, ear to ear

Exhale be there, enjoy 2 full cycles of breath

Inhale head back to your R shoulder.

Exhale return chin to chest. 2 full breath cycles.

Repeat other side

ARMS UP AND DOWN

Stay focused and connected

Bring hands to sides place palms together with your partner, stretching arms

Inhale letting energy travel from your heart to your fingertip like rays of light,, then extend arms up and point them to the sky

Exhale and stay connected as you float arms back down fingertips touching the earth
X4

SEATED CRESCENT

Side to side stretches keeping sitting bones anchored to the floor opening your side body in a crescent moon. Feel. Hold for 2 cycles of breath.

Center. Take a clearing breath and other side

TWIST

Palm to palm, lift arms just above knee level, inhale , EXHALE turning upper body as far LEFT as possible, keep lower backs connected and shoulders touching.

INHALE

EXHALE- release hands and place your R hand on your partners' L knee. Smooth relaxed breaths, lift your spine through the twist.

Untwist and back to center

Other side

LONG STRETCH

Back to back

DOD Reach up and grab MOM's wrist with both hands about your head

Synchronize your breath

Relax and drop your body weight forward into your hips.

Inhale extend upward, upper body and arms,

Exhale and lean forward and down. Rest your forehead on ground and elbows on the floor if they reach. Mom lies on her back over your back in a gentle arc. Hold and breathe.

Inhale back feeling a little taller and brighter.

ALL 4 IN FRONT OF EACH OTHER

CAT COWS- observe your breath while bringing awareness into your abdomen, lumbar area, pelvis. This pelvic rocking helps warm the spine and encourages baby to find the right position

OPPOSITE LIMB EXTENSIONS- first flow, then hold onto opposite shoulders.

CIRCLE IN A BARREL

DADS CIRCLE IN A BARREL, MOM leans on top

MOM on all 4, dad compressing hips. fingers on spine, bottom of hand on hips.

CHILDS POSE, helps widen pelvis. Bring softness into your body as you breath in and out. BODY SCAN AND PELVIC FLOOR TIGHTENING

mother in a wide knee child's pose, partner then places the heel of his or her hands on the mom's sacrum and presses downward toward the tailbone. pressure is not just straight into the pelvis, but in and down as if you were lengthening the mom's lower back.

particularly useful if the mother is experiencing back labor or any intense back pain. For most women, it's preferable to have strong, steady pressure applied. Reason being, good counter-pressure requires the application of enough force to meet the intensity of pressure from the baby's occiput against the mother's sacrum.

mother in an all-fours position or leaning forward. The partner vigorously jiggles her thighs back and forth. The gluteal muscles tend to get overly tight as the belly grows and the mom assumes the "pregnancy waddle." Many mothers also tighten their butts during labor, and, as a result, they experience the pelvic muscles tensing. this is used to promote relaxation of the butt, pelvic, and inner and outer thigh muscles.

FLOWY CATS. Hands about 6 inches in front of shoulders, knees slightly wider than hip width apart. This helps baby turn to an optimal position for birth, while strengthening your arms.

SIT FACE TO FACE

DAD legs open into a wide V shape, hold MOM around her hips

MOM, extend toes up, place feet on DAD's inner thighs, hold his arms above the elbow

Rock forward and back a few times then hold.

SWITCH

ROCKING

BOTH straddle with foot on top of your partner's thigh

Hold each other's arms by elbow

DAD- Inhale lean back as far as comfortable and draw mom towards you

Reverse

Rock back and forth finding the natural rhythm of your breath, until it becomes a seamless exchange, one rippling wave, one shared breath.

Release arms when ready and both lie on floor resting until you feel complete.

STANDING

MOM lean forward w bent and open knees

DAD with cupped hands massages sides of spine

Fists

Open hands like IRONING the back from spine outward

Wash from top of leg, down, then other, then arms to tip of fingers

Then bring mom up one vertebrae at a time

HIP CIRCLES

WALL STRETCHES PIGEON TOES

Inhale and Begin to lean back shifting your hands to grip just above the wrists, lengthen your arms while sending your hips forward, lifting your heart and look up
Return.

2 more

Grab hands and walk back and stretch folding forward holding hands

PARTNER SQUAT

Stand 4 feet from each other.

Cross arms, grab opposite wrists and squat, stretching arm

Then other

Then both arms, let weight drop back slowly while balancing with your partner.

Wide legs, bend knees and Forward fold

Let back of your head and shoulders press into your partners head and shoulders. You can lift arms behind your head.

Standing face to face, mom leans into dad's neck while light touch massage.

DOWNDOG POSE

Use straps

COBBLERS POSE strengthening and lengthening inner thighs. Excellent prep for labor.

LIE ON BACK

Lie down with blanket under lower back/ sacrum

Open legs, bend knees feet to sky and move your feet like if you were painting on the ceiling, let your feet move freely, feel your sacrum, bend and straighten your knees,

Roll side to side with knees open, feel your inner thighs, feel sacrum, feel spine,

Roll to one side, then the other

**MOM LIE ON LEFT IN FETAL POSITION/ PARTNER LIE ON YOUR RIGHT in front of each other, bottom arm can be overhead and you can join palms.
Bowing to the light within each other.**

Relax your whole body

Feel all the parts of your body touching the earth, those touched by the air, your clothes on your skin, the weight you are releasing into mother earth, can you let go more?

Can you be heavier?

Breathe into any part of your body that feel tense, tight, feel the breath loosening , softening, as you breathe out discomfort, carrying out any tension on the wide back of the outbreath, breathe in nourishment for your baby, exhale any worries.

Notice the pause between the inhale and the exhale and just for a moment let your mind be empty, clear space. Be blessed with this stillness.

Breathe into any emotions rocking around inside of you, release on the out breath

More and more aware of the healing action of your breath.

Affirm to nourish the life inside you.
Your body is an intelligent, trustworthy ally

Your attention drawing inwards into the soft, dark chambers , every beat of your heart, surging life, strength,, nourishment into your baby., suffusing this being inside with everything it needs.

Sending greeting and blessings inward

Visualize a cushion of energy surrounding both of you, sparkling and humming energy energy, dancing and pulsing all around you
Every prayer, good wish, smile, gesture of gratitude, loving act, enveloping you in protection and support.

SIT IN FRONT OF EACH OTHER, knees touching, place right hand on to your partners heart. Other hand and place it over their hand to hold it there. To acknowledge it fully. To feel it. Close your eyes, send love your partner thought your hand. Allow that love to infuse your baby. Relax into the support and comfort of your partner .

Sense the presence of your smiling ancestors transferring their love to you and your baby.

Relax hands on knees, Rest in stillness , feel each others energy, breathe naturally.
Deep cleansing breath.

allowing your body to assimilate your practice.

Om SHANTI

Share your experience and thoughts