

Chapter 1 : Prenatal Yoga and Natural Childbirth

I took prenatal yoga classes where the instructors taught the physical aspects of yoga, in order to keep the body strong and supple, but neglected to teach the mental and spiritual aspects of yoga, though they are so valuable to a birthing woman.

You choose the routine that feels right to you. Use the same simple routine throughout your pregnancy, or pick a variety that works for you. I recommend you take a relaxed walk daily. Do prenatal yoga or another gentle stretching routine a couple of times a week. Add in something that really gets your body moving on another day or two. These activities get your blood pumping and help to keep your body fluids circulating. They are ideal because, like yoga, they are relatively gentle on your body. Please consult your midwife, doctor, and your own common sense when doing any kind of exercise during pregnancy. Now is the time to truly listen to your body and do not push yourself too far. Contact sports should be avoided. You can lift weights during pregnancy, but focus on maintaining, not building weight. Listen to your body and do only lifts you feel very comfortable with. I always recommend that moms in my online birthing classes do the exercise level that feels right to them. Exercise has many benefits, but the biggest one is boosting your sense of well-being. So do what works for you. More intense work, such as a hike or belly dancing, can happen x a week. You can do this more intense exercise more often, just listen to your body and do over-do it. Keep up walking, stretching, and paying attention to your breath. Trying to balance your pregnancy, life, and getting ready for baby? Use my checklist pack stay healthy naturally , organized, and confident throughout your pregnancy! Specific Exercise Benefits Walking Walking is a basic exercise that almost anyone can do! It can be done just about anywhere and with little preparation. Walking builds stamina gently. The biggest benefits of walking are for your hips and pelvis. Walking naturally opens your pelvis and guides your baby into the optimal position. Aligning your baby and toning your body are both powerful benefits leading towards a smoother, safer, and easier natural birth. You may want to carry a water bottle with you when you go walking. Prenatal Yoga Prenatal yoga helps tone your muscles, increases your flexibility, and helps you master your breathing. Prenatal yoga focuses on stretching and breathing. You observe and learn about your own body as you do your daily routine. Though yoga can simply be exercise, you may enjoy taking part of your routine to pray and focus on the upcoming birth. It gives you a time daily to center yourself, talk with your baby, and pray for your child. Your familiarity with your own body is vital. There are many prenatal yoga books and videos to help you get started with your routine. Personally I use, and highly recommend, Prenatal Yoga and Natural Childbirth – it has a great prenatal yoga routine. Swimming Swimming is an excellent prenatal exercise. The water supports your body and gives you a delightful, weightless feeling. You can move easily and enjoy yourself completely in the water. You work and tone many large muscle groups. Swimming, like prenatal yoga, also helps improve your circulation and reduces fatigue. Swimming may also help to ease your pregnancy aches and pains. Prenatal Belly Dance Outside of walking and gentle yoga on weekdays, prenatal belly dance is my favorite pregnancy exercise. I love how feminine I feel, I love getting my body moving, and I love connecting with my baby as I dance. Prenatal belly dance gets your blood circulating and provides a wonderful bonding experience for you and your little one. You also learn to spiral your hips, a natural and helpful movement for giving birth smoothly. Take Your Pick You use whatever exercise appeals to you, be it prenatal yoga, walking, a class at your gym, or any other exercise. Prenatal exercise keeps you in shape, helps you feel great, and prepares you for birth and gives you a head start on postpartum fitness.

Chapter 2 : Best Prenatal Yoga Poses for Labor and Birth - calendrierdelascience.com

The very first sentence of the Lamaze International Philosophy of Birth is "Birth is normal, natural and healthy." Another segment from the philosophy is "Women's confidence and ability to give birth is either enhanced or diminished by the care provider and place of birth."

Besides getting ready with car seats, nursery gear, and all the material essentials, I am working to get ready mentally and physically for the craziest workout of my life. In this post, I will cover a few of the poses that I think are awesome for preparing you to bring your little one into the world and bounce back quickly afterwards! For the most comfortable practice, gather a mat, blanket, block and bolster I love the gear from Manduka Yoga. These maternity leggings from Preggo Leggings have been a lifesaver as my belly grows bigger and bigger they are super stretchy and come all the way up to bra line in the back, which I love. Have some water nearby, and create a calm environment: Make sure to consult with your doc before any new exercise practice. Here are some of the best prenatal yoga poses for a powerful yet peaceful labor and birth process. Consciously connect with baby and direct your awareness and breath to little one you can place hands on your knees or on your belly. Aim for a day to start, and build up to by third trimester! This will help ensure that everything is fit and flexible for vaginal delivery, and also prevent the whole pee-when-you-sneeze phenomenon that shows up during pregnancy but can last long after do the kegels! Abdominal Breathing Place both hands on your belly. Breathe in deeply through the nose and feel the expansion and contraction of abdomen and ribcage. Exhale through the nose and feel the belly fall. Create a relaxation focus by extending your exhalation longer than inhalation. Keep your eyes closed or a soft gaze while you breath. Focus on the breath for minutes. Start on all fours with shoulders over wrists and hips over knees. Inhale, drop the belly and lift the gaze. Exhale, round your spine and lift the back of your heart to the sky. Flow through these two poses with the breath for 6 10 breath cycles. Low Lunge or Crescent Lunge Stretch the hip flexors and begin to open the chest and shoulders with this pose. Hands can rest comfortably on the belly, or reach your heart and fingertips for the sky! Equal Standing Prayer Pose Use this simple standing pose to focus on balance, posture, and length in the spine. Practice some standing pelvic tilts to draw the tailbone down and under, reducing the sway back of pregnancy. Inhale and push your butt out, bending the knees slightly. Exhale, draw the low belly forward and tailbone down as you straighten the legs. Warrior 2 Strong legs, butt, and pelvic floor are all essential for delivery! Make your warrior 2 pose dynamic by straightening the legs and reaching arms to the sky as you inhale, and on the exhale sink back into the lungs. Repeat ten times on each side, moving with your breath and focusing on building heat and strength in your body. Reverse Warrior Ah, hello ribcage! This area can start to feel tight, sore, and cramped as baby grows. For a few weeks in my early second trimester I was getting crazy rib cage pain every night, and these front and side body opening poses were lifesavers! Give yourself and your little nugget some breathing room as you expand the heart and create more space for your lungs to do their thing. Triangle Lengthen the side body and make some space for your gremlin to wiggle around. Use a block if you feel challenged to balance, or shift your gaze down instead of up for more stability. Goddess Squats are probably the best pre-baby exercise you can do. Make this a powerhouse move by adding in kegels, relaxing as you squat and contracting and you straighten the legs. You can hold onto baby or place hands on your upper thighs for support. Move through 15, pressing the weight into your heels as you work. Yogi Squat This pose will not only help you get strong for pushing, it also helps to stretch the tissues in your lady area to help prevent tearing during labor. Practice squatting for at 30 seconds, working up to a minute, and try to do this at least times per day. Keep the toes tucked under for the first round, until you feel ready to release them and reach for the heels. Make sure your hips stay over your knees and focus on deep breathing as you open through the heart, chest, and throat. Butterfly Gentle stretching of the inner thighs and an invitation for the optimal pelvic tilt are just 2 of the reasons this pose is great for baby. Add in relaxation with a mellow forward fold. Savasana For most women, active labor is the most intensive athletic event of our lives! Learning how to consciously relax between contractions can help you stay collected, calm, and focused as you bring your baby into the world. Avoid laying flat on your back and this can compress the vena cava and impair

circulation, and instead opt for a supported fetal pose on the left side of the body. Stay in relaxation for at least ten minutes. Focus on your breath, and consciously relax all the muscles of your body – especially the face and jaw. When we relax the jaw, it signals the whole body to mellow. What felt best to you during prenatal yoga? Leave me a comment or connect via social media and share your favorite ways to connect with body and baby throughout pregnancy. Looking for the perfect prenatal yoga leggings?

Chapter 3 : Yoga for Labor and Birth | Natural Parents Network

How Yoga Prepares You For Labor: Prenatal yoga addresses the physical challenges inherent to pregnancy, such as a shifted center of gravity and lower back pain. These moves will help alleviate aches and build strength in your legs, back and abdominals to prepare you for giving birth.

If you want to have natural childbirth through prenatal yoga, you should consult your doctor. You need to practice prenatal yoga only under an experienced yoga expert or a certified prenatal yoga training institute. Read on to know more about prenatal yoga and natural child birth. Yoga has many benefits and it has been observed that prenatal yoga is not only beneficial for the mother and the child but also helps in having a natural childbirth. There are various classes held that teaches pregnant women how and what yoga postures can be done during pregnancy so that they can have natural childbirth with minimum pain and discomfort. Natural childbirth is the age old tradition of giving birth to child. In this there is no medication involved and the mother gives birth to the child with her efforts and hence it is called labour. There are many women who fear having natural childbirth and most often postpone getting pregnant or bearing a child just because they have been told lot of shocking and gruesome stories by their friends and family members. Many pregnant women take epidural pain relief during childbirth and many opt for caesarian childbirth just because they fear that the pain might be unbearable. However, today the number of women opting for natural childbirth is increasing. Many women want to know how to have natural childbirth and what can they do to improve the chances of that.

Benefits of Yoga for Natural Childbirth If you practice yoga postures throughout your pregnancy period, there are more chances of having less complication during pregnancy and at the time of childbirth. The childbirth can be almost painless. This is because of the breathing techniques that helps in coping with the labour pain and also assists in strengthening the bones of the body. The oxygen flow is better and this helps the child to perform well during the process of childbirth. It also saves the child from many complications and problems that usually arise during childbirth. Yoga helps in dealing with the stress that arises during delivery of the child which can cause harm to the child and mother too. In fact, if proper yoga asanas are practiced during pregnancy, it helps in giving birth and going through the entire process without much difficulty. Do not workout too hard or over exert yourself. Focus on breathing and relax yourself throughout. Appoint a yoga guru or join a certified class so that you get the right guidance. It is advisable that you consult your doctor beforehand. Various articles and videos are available on internet for free. Go through them and follow their advices if they suit you. If you find any discomfort or uneasiness, stop the exercise and get in touch with your doctor immediately. Besides all this, when you are preparing for natural childbirth make sure you take necessary precautions and make proper alternative arrangements too. Natural childbirth means childbirth without any medication in which any kind of drugs or surgery is not used. No matter whether you are taking help from a doctor or a midwife, make sure that the professional who is supporting you has substantial experience in handling natural childbirth and knows about how to take care of a woman at the time of childbirth. Prenatal yoga is very beneficial for ensuring natural childbirth. You may also be interested in:

Chapter 4 : About Your Privacy on this Site

Prenatal yoga is a great way to stay fit and healthy during your pregnancy. We created this list of the top 5 prenatal yoga classes in Tucson to help you find the perfect class for you! We've created a list of the top five classes for prenatal yoga Tucson has to offer.

It has now been almost three years since our own wedding and three years since I have seen many of these people. At my in-laws house I expanded a bit on this and said excitedly, that I want to have a home birth. Two of the teachers at the PYC had a wonderful experience birthing at home and I would like to have the opportunity to birth where I feel the safest and most comfortable, right in my home. My midwife would not allow me to birth at home if I am a high risk patient, which the majority of women are NOT but if that is the case then I will deliver in the labor and delivery unit. When in fact, for the majority of women pregnancy, labor and birth is a natural function of the body! As renowned French physician Dr. The point is not to disturb it. By medically necessary, I mean free of routine interventions! Unfortunately, we are bombarded with the negative images that women are helpless and incapable at birthing their own babies. When was the last time that a movie or TV program portrayed a laboring woman as strong, confident and capable? Well, *Knocked Up* did do a pretty good job! But the most media uses pregnancy, labor and birth as a means to create humor and provoke fear. And whether it is on a subconscious level or not, that is what we start to believe is the truth. I often encourage women to read some positive birth stories. Long time midwife, Ina May Gaskin, has two wonderful books filled with positive birth experiences. There are pictures of women relaxed, smiling, naked and instinctually positioned birthing their babies. These are not a special group of women. These are women just like you and me, expect that they have placed themselves in the situation where birth is seen as normal and natural. However, the World Health Organization states that no region in the world is justified in having a cesarean rate greater than 10 to 15 percent. We need to look at ourselves, our ideas of birth and those around that influence our decisions. But perhaps mentally and emotionally they are. They have the confidence in themselves to believe in their own innate power and wisdom to birth their babies without allowing technology and fear to dictate how and when they should birth. Next time you are watching TV and a hysterical pregnant woman is in labor, change the channel. Outcomes of 2, pregnancies:

Chapter 5 : Birth Yoga Studio

But, did you know, a prenatal yoga practice can also set you up for an easier birth? The National Institute of Health reports that mothers who practiced yoga during pregnancy experienced decreased preterm labor, fewer instances of low birth weight, and significantly lower cases of hypertension.

We are developing additional online curriculum for childbirth educators as well! Testimonials Your classes were very helpful and made a world of difference. We will recommend them to everyone we get a chance to tell. Joe and Tammy You were such an integral part of the birth I always wanted. You truly are a blessing in our lives. Thanks also for always being willing to help me with my questions. You are excellent at what you do. I had no idea what a valuable asset you would be going into it. You made the birth of our daughter the kind of precious memorable event it was meant to be. Thank you so much for your support and knowledge during labor and delivery. Well, I guess I would have had the baby, but the experience was much better with you there. Mindy, David and Hazel Wilson. We felt like you were one of the family with your love and tenderness. We also very much appreciated your wisdom and professionalism. Sincerely, Claire and Joe Newsom. You really gave me some peace when I needed it. Love, Andy, Joley and Amira Newsom. You did such an outstanding job in thoroughly covering all the information in an interesting way. We are so grateful we had the opportunity to take these classes and know they will be helpful in our upcoming experience as new parents. Thank you so much for all your love and support. You have an amazing talent for making people feel special and well taken care of. We both never imagined we could learn this much and will definitely recommend this class to everyone. Thank you so much for all of your help. We would be lost without you! You have made this experience less scary! We are very excited about what is to come and we owe a lot of that to you. We will always recommend your services. About Birth matters Birth Matters offers comprehensive childbirth education for families in the Oklahoma City area. All of our classes are taught with the philosophy of "freedom of choice based on knowledge of alternatives.

The last thing you want for a drug-free natural birth is an oversized baby! That's why I was elated when I found out about the opening of The POD at Plaza del Carmen, Barrio Obrero, which offers prenatal yoga classes.

It heightens body awareness, allowing the mother to nurture and support herself and baby as pregnancy gives way to its continual changes. They cultivate inner peace and strengthen the bond between mother and baby. The most comfortable positions in prenatal yoga, in fact, are often intuitively sought out during labor and birth. By regularly practicing these poses she becomes comfortable in them and moves into them more readily when the time comes. Three Active Poses for Labor and Birth Downward Facing Dog is recommended more for labor than childbirth because the leg muscles could grow too tired while standing during birth. During labor, however, downward facing dog releases pressure from the sacroiliac joints and stretches out the spine, relieving some lower back pain. Full downward dog is most beneficial in the first stages of labor where a mother may still feel like walking around or being active and needs some way to stretch and pause during contractions. Downward facing dog can be assumed as its full pose or modified by placing hands on a chair or coming down to the knees in puppy pose. Modified Downward Facing Dog Puppy Pose Cat pose also stretches the spine and lower back and positions a woman so her partner can easily apply pressure to this area. Pelvic tilting and rocking offer an intuitive rhythm that allows her to focus inward with her breath. This is one of the most beneficial positions for childbirth! Cat pose can be assumed as usual on all-fours or modified by draping arms over a chair, exercise ball, or mound of blankets and pillows. Cat Pose Squatting opens the pelvis in the same way that an all-fours position does, making it another one of the best positions for childbirth. A woman can assume a half squat, holding on to a weighted chair or railing. A full squat can be assumed with hands on the floor, chair or bed. It can also be modified by assuming a half squat, holding onto a weighted chair or railing or by assuming the full squat and resting the bottom on some thick cushions or blankets Squat. Modified Full Squat It should be noted that squatting relies heavily on the leg muscles, thus should be practiced throughout pregnancy by moving in and out of full and half squats or holding the full squat modified or not during yoga sessions. She is a natural parenting, cloth diapering, gentle disciplining, home schooling, wholesome foods eating, spiritually centered steward to this great Mother Earth. Readers are advised to do their own research and make decisions in partnership with their healthcare provider. If you are pregnant, are nursing, have a medical condition, or are taking any medication, please consult your physician. Nothing you read here should be relied upon to determine dietary changes, a medical diagnosis, or courses of treatment.

Chapter 7 : Prenatal Yoga Center | Is the Natural Birth Community Doing a Disservice to Expectant Mothers

To celebrate 25 years in print, Prenatal Yoga and Natural Childbirth has been updated with 20 percent new material and a new chapter by the authors partner, Frederick Baker. Another new chapter includes eldest daughter Loi Caitlin Medvins account of the birth of her first baby, along with Jeannine.

Prenatal Yoga Class Going home to my hometown Davao City always means one thing – gaining extra weight! Moreover that I am pregnant, the license to pig out has never been so much fun! On hindsight, it did worry me to gain almost 5 kilos for just a week and a half stay. The last thing you want for a drug-free natural birth is an oversized baby! A cozy place that instantly puts you at ease Class size is small so ample attention is given for proper yoga poses According to doctors, when paired with a cardiovascular exercise such as walking, yoga can be an ideal way to stay in shape during pregnancy. This ancient practice keeps the body limber, tones the muscles and improves balance and circulation, with almost no impact on the joints. More significantly, yoga helps to practice deep breathing and relaxation, which prepares the body on the physical demands of labor, birth and motherhood. So I eagerly tried it out and had a blast! What makes it more enjoyable is that the yoga teacher, Alex Hao, a dear friend of my sister who shares a breastfeeding advocacy group Mommysense, is already an acquaintance of mine. She is the classic sanguine, who loves being around people and is just full of energy. Here, she shares some of her thoughts on pre-natal yoga, natural birth, and motherhood. How did you get into prenatal yoga? What caught your interest? I have been teaching childbirth class since and prenatal yoga is an excellent and complimentary thing to do. Childbirth class has less exercise than a prenatal yoga class. Prenatal Yoga has no lectures, its just mom and baby together with other moms and babies. I saw the course a year earlier and saved up for it. How does prenatal yoga helps mothers-to-be in childbirth? What are the benefits? By spending time moving from one pose or asana to the next, moms get to feel how the body works and compensate. Holding some of the poses in prenatal yoga is like riding through a contraction. Also, chanting OM at the end of class is a great way for mom to hear herself in a deep relaxing sound that can be most useful in labor - specially for young moms who have watched a lot of screaming birth scenes in TV shows or movies. I can see that a lot moms start the class breathing faster than at the end of class. The POD offers not just prenatal yoga but childbirth and Lamaze classes too. Tell us more about it. I am a Lamaze international member but I am not Lamaze certified. I just call it childbirth preparation class. It does not have to be a practical answer, just what she wants. Did you give natural birth to all your four beautiful kids? If so, what made you commit to it? Yes, I gave birth naturally to my 4 children with my partner by my side. My original plan back in was to give birth via Cesarean Section as the thought of going through labor alone was too scary and inhumane for me. And so my husband and I attended her class. It was a beautiful birth. I am most grateful for my birth experiences though. I am so happy for my family. Lastly, I know plenty of friends who cringe at the thought of giving birth drug-free. Why do you think natural birth is not a popular choice nowadays? Here in Davao, there could be a chance that we have more drug-free births than in Singapore. I think this is mainly due to the fact that drugs have cost. This could be a matter of orientation or fear, or the mom is just unaware of the benefits of natural birth. I think the following plays a part in moms having sedatives or epidural: A woman in labor is not in a position to defend what she wants, even with the fact that she has thought of and identified what she wants beforehand. The ideal situation is that she be allowed to go through labor and be encouraged to cope naturally without a fight. And this is where the rules and restrictions of her attendants or doctor and birthplace come to spell or spoil the birth experience. I do not know for sure why women would choose a medicated birth as oppose to a natural birth I am sure the reasons will be as varied as the women but when I was pregnant with my first I was scared to go through labor alone my mom, aunts, cousins- gave birth alone. Opening Time is 1: Could not resist buying this wooden roller that works wonders on your feet.

Chapter 8 : Holistic South Pregnancy & Birth Center

Prenatal yoga can help a wide range of women, including those having an unexpected Cesarean section and those having a natural home birth or drug-free hospital birth. Doing yoga during labor and.

Prenatal Yoga and Natural Childbirth by the late Jeannine Parvati Baker has been and continues to be that comfort for me during pregnancy. It carries me through most days of my pregnancy, empowering and strengthening my body while helping me ground myself emotionally. The book is not new. But the routine is sound. You can tell that this book was written by someone who was passionate about her art and sharing it with other mothers. I love the poses Jeannine has chosen in the book. Words and pictures walk you through each pose, explaining what movements you should make and how to use your breath during and between each pose. Though there is no DVD to accompany the book, I have never found it hard to follow. The clear explanations help you even as you transition from one pose to another. Jeannine did not ignore the baby, or your powerful connection to your baby, in the routine. There is continual mention of how each pose empowers you as a mother, and strengthens the connection of mother and child or children. There are times during the routine where you can sit quietly, simply focusing on your breathing and your baby. Jeannine suggests meditative breathing at some points – I have personally used this time to pray specifically for my baby and my upcoming birth. I love how this time of quiet is integrated into my prenatal exercise routine – since I do the routine most days, I am able to have this focused time most days. I found that during my current pregnancy I need to start very slowly. I used just the beginning of the routine for several days before gradually adding a pose or two. I was able to build up to the whole routine, and doing so felt like coming home. My body moved into the familiar routine and it felt wonderful! Even now I sometimes choose to leave out a pose or two due to a shorter time to exercise that day. Most days I move through the whole routine. At the end, when I am done, I take the time to do some belly dance to a song or two, which provides a wonderful close to my routine. I like that I am free to organize my routine however I wish. I began using the book during my first pregnancy, and found that it was cumbersome at first to go through the book. But within just a few days I had most of the routine memorized and could move through it at my pace. It is an empowering treasure, one that every woman planning to give birth should read. This is apparent throughout the yoga routine and in the stories and thoughts she shares. Pick up a copy of Prenatal Yoga and Natural Childbirth today – review and use the yoga routine, and be uplifted, inspired, and empowered by the stories and information also held in this timeless volume.

Prenatal yoga is a wonderful exercise and form of stress relief for a pregnant woman. It balances posture, allowing her chest to expand more easily as her growing belly impedes on breathing.

Matthew Posa is a health and human potential specialist utilizing spinal corrective care. His mission is to help as many people reach their full God-given health potential. As an avid researcher, he consistently and passionately teaches his patients on how the body functions and the best ways to eat well, move well and think well. Good posture is more than standing straight; it is a window into your health. Research has shown that correct posture can influence your biochemistry, behaviours, moods, and can determine how long you will live. In this 45 min talk, you will learn: Importance of good posture Brain-Body connection “how to restore it and keep it strong Key exercises or movements to implement right away that will change your posture 2 things that influence the integrity of the nervous system and its nerve supply 10 warning signs to check for bad posture Free Digital Electromyography EMG scan after the presentation for everyone who attends. Posa on Tuesday, June 6th at 7pm at our Milton location with Dr. Matt Posa and at the Streetsville location with Dr. Number of participants is limited. Please for start date. Must register in advance limited to 6 people. Please for start date and time. We are the only hot yoga studio in Canada offering a Himalayan Salt Experience. Have you ever noticed how fresh the air feels after a thunderstorm? Wonder why you feel so much better breathing the mountain air or standing alongside a waterfall? This is due to the ratio of negative to positive ions in these surroundings. Research has shown that high levels of positive ions make us feel tired, depressed or irritable. Salt crystals naturally emit negative ions allowing air particles to achieve an optimal ionic balance. Negative ion emissions are increased when the salt is heated, hence the incorporation of Salt in our Infra red heated room. Due to the unique, air purifying ability of Himalayan Salt, it is believed that when it is illuminated as in salt lamps or heated it can increase the treatment of a variety of illnesses including asthma, allergies, rheumatism, high blood pressure and migraine headaches, these salt rock emit 84 trace minerals that your body requires. Now, as you practice your body will absorb all the healthy benefits into your body. Apart from ionization, illuminated Salt produces a pleasant, relaxing glow.