



Yoga Poses After C-Section

Yoga Nidra



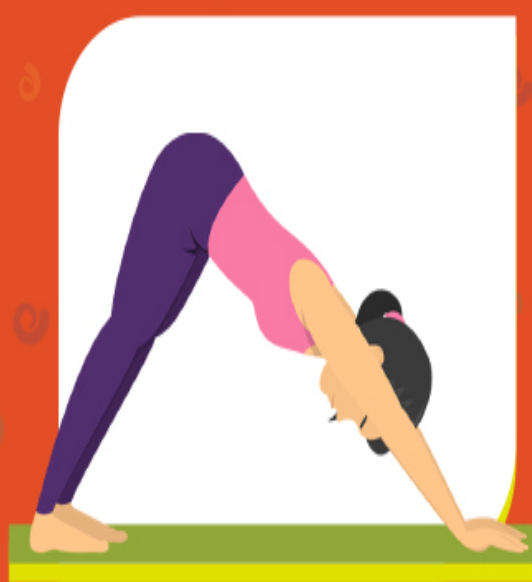
Gomukhasana



Urdhva Prasarita Padasana



Adho Mukha Svanasana



Nadi Shodhan Pranayama



Parvatasana



References:

- 1.Celebrating Motherhood with Yoga; Art of Living
- 2.Yoga care pre to post-pregnancy; The Yoga Institute