

Safe Yoga Postures

For The Mother And The Baby

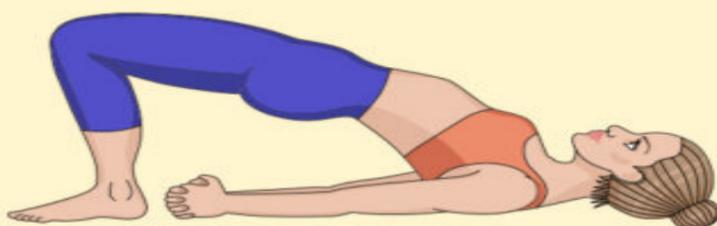
Child pose (Balasana)



Cat and cow pose (Marjaryasana/ Bitilasana)



Bridge pose (Setu Bandha Sarvangasana)



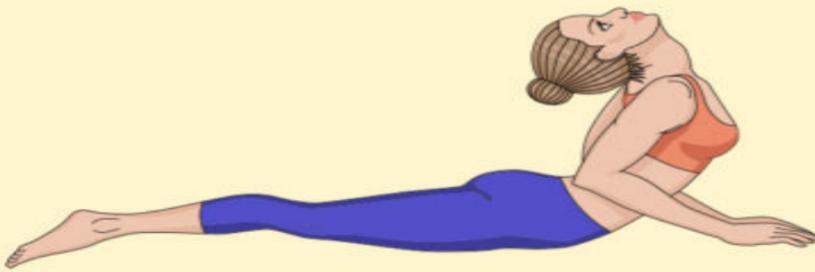
Triangle pose (Trikonasana)



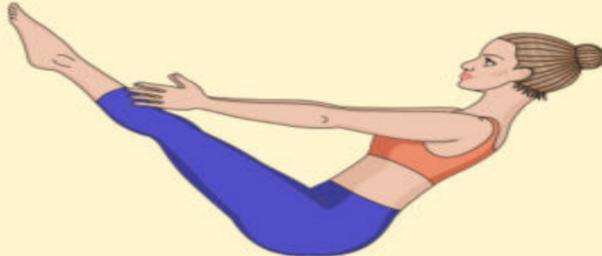
Squats (Malasana)



Cobra pose (Bhujangasana)



Boat pose (Navasana)



Corpse pose (Savasana)

