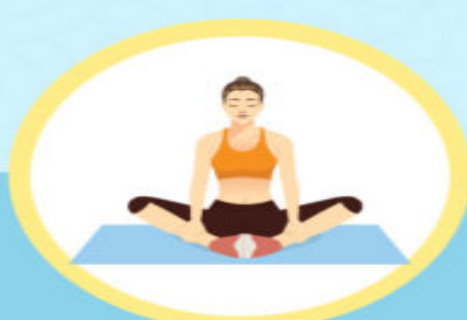




PREGNANCY YOGA POSES



The Full Butterfly Pose Or PoornaTitali Asana

Sit with your legs bent at the knees and bring the soles together to make them touch.
Make the knees bounce gently, repeating 10 to 20 times

Benefits

It relaxes the legs and releases tension from the inner thigh muscles.



The Thunderbolt Pose Or Vajrasana

Sit in a kneeling position with your big toes touching together and the heels separated.
Place your hands on your knees with palms facing down and hold for a few minutes.

Benefits

It strengthens the pelvic muscles, aids digestion, and prevents constipation.



The Palm Tree Pose Or Tadasana

Stand with your feet together and extend your arms above, interlocking the fingers with palms facing upwards.
Stretch your body upwards by rising on your heels while breathing in and out as you lower your heels and hands. Repeat the motion a few times.

Benefits

It stretches your abdominal muscles and helps to loosen the spine.