

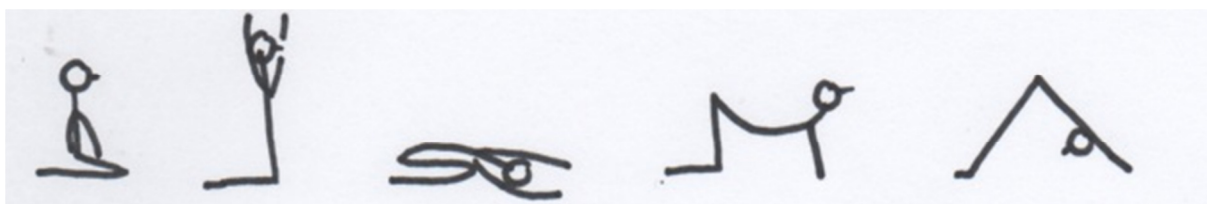
# fusion

Massage and movement

*A holistic approach to body care through massage, yoga & pilates*

## **Pregnancy Sequence**

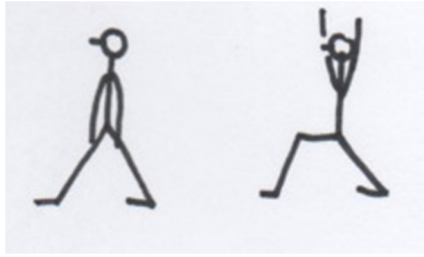
1. Begin sitting cross-legged. Draw down with the sitting bones and lift the crown of the head making the spine long. Pay particular attention to bringing length to the sides of the waist. Place the hands on the thighs and take 5 deep breaths. With each inhale feel yourself drawing the energy from the earth up through the sitting bones, with each exhale try to let go of any tension, stress or worry.
2. Place the hands on the thighs and roll out the shoulders. Come to kneeling towards the back of the mat.
3. As you inhale raise the arms alongside the ears standing up on the knees opening out the chest, exhale drawing the buttocks towards the heels and the head to your mat as you release into child's pose (just come half way if you prefer/are more than 5 months pregnant). Inhale coming to all fours, open the chest and look up into upward cat, as you exhale tuck the toes under and come into downward facing dog.



To return, inhale lowering the knees and coming into upward cat, exhale into child's pose, inhale standing up on the knees reaching up and exhale sitting back on the heels.

Repeat 3 times. Come up to standing towards the back of the mat.

4. Turn the left foot out slightly and take a big step forwards with the right foot. Make sure both hips are pointing towards the front end of the mat, arms down by the sides. As you inhale bend the right knee over the right ankle and raise the arms alongside the ears into Warrior 1/Virabhadrasana 1. Exhale back to the starting position. Repeat 5 times, holding the fifth Warrior for 5 breaths.

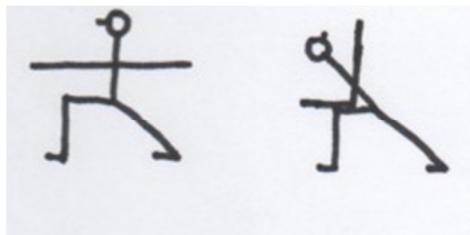


Inhale straightening the right leg and exhale back to Tadasana.

Repeat step 4 to the other side.

5. Step the legs wide. Turn the right foot out 90 degrees and the left foot in 30 degrees. Inhale the arms up alongside the ears, feeling the length in the waist and then, as you exhale, bend the right knee over the right ankle and bring the arms out to shoulder height, looking along the right arm into Warrior 2/Virabhadrasana 2. Hold for 5 breaths.

As you exhale bring the right forearm on to the right thigh and look up towards the left arm in a modified Side Angle/Parsvokonasana. Inhale returning to Warrior 2.

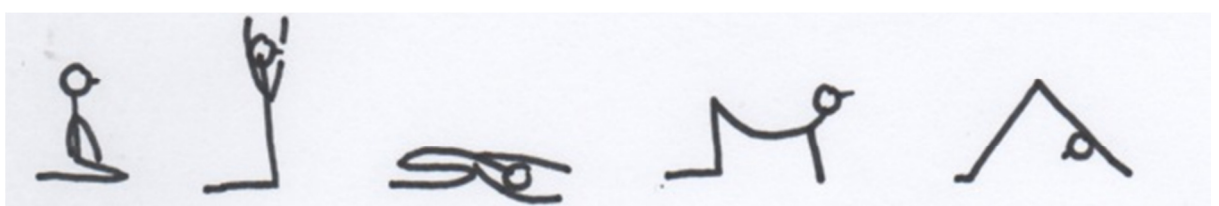


Repeat 5 times and then do the whole sequence on the other side.

Step back to Tadasana/Mountain Pose at the back of the mat, feet hip width apart, shoulders rolled back and down. Take five deep breaths. With each inhale feel you are drawing energy up from the earth through the soles of the feet, with each exhale let go of any worry, stress or tension.

Come back to kneeling at the back of the mat.

6. As you inhale raise the arms alongside the ears standing up on the knees opening out the chest, exhale drawing the buttocks towards the heels and the head to your mat as you release into child's pose (just come half way if you prefer/are more than 5 months pregnant). Inhale coming to all fours, open the chest and look up into upward cat, as you exhale tuck the toes under and come into downward facing dog.



To return, inhale lowering the knees and coming into upward cat, exhale into child's pose, inhale standing up on the knees reaching up and exhale sitting back on the heels.

7. Come to lying on your left hand side. As you inhale feel yourself drawing in energy from the earth through the soles of the feet. As you exhale start to let go of those things that no longer serve you. Stay here for as long as you are comfortable.
8. When you are ready slowly come up to sitting to complete your practice.

Namaste