



PRENATAL EXERCISE

CONSULT YOUR DOCTOR BEFORE YOU START



CAT - COW POSE

Procedure: On all fours, arch your back (inhale) and round your spine (exhale)



BIRD-DOG POSE

Procedure: On all fours, arch your back (inhale) and round your spine (exhale)



BRIDGE POSE

Procedure: Lie on your back, bend knees, lift hips towards the ceiling



TRIANGLE POSE

Procedure: Stand with feet wide, reach one arm to the foot, other arm to the sky, bend at the hip



DOWNWARD DOG POSE

Procedure: On all fours, lift hips up and back, straighten legs and arms to form an inverted V



TREE POSE

Procedure: Stand on one leg, place the other foot on inner thigh or calf, hands together at chest or overhead



WARRIOR I POSE

Procedure: Stand wide, turn one foot out, bend the front knee, raise arms overhead.



SEATED FORWARD BEND

Procedure: Sit with legs extended, inhale and lengthen spine, exhale and reach forward



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