

PRENATAL RELAXATION



GUIDED RELAXATION SESSIONS  
FOR MUMS TO BE

YOGA2HEAR

# Prenatal Relaxation Guide Book

This guide book must only be used in conjunction with the accompanying audio session.

# Prenatal Relaxation

## **Medical Warning.**

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# Prenatal Relaxation

## **Introduction.**

Thank you for purchasing the Yoga 2 Hear Prenatal Relaxation CD or Download.

This product contains two 20 minute guided relaxation sessions that can be used together or individually throughout the entire pregnancy and during the first stage of labour. The first session is to be followed whilst in any one of three seated positions and the second session to be followed whilst laying down on your left side, in a position called Flapping Fish, which is similar to the recovery position.

The importance of good quality deep relaxation during pregnancy is not to be underestimated. In addition to coping with day to day life the expectant mothers body is very busy throughout the pregnancy and this workload grows towards the end of the third trimester.

Both prenatal relaxation sessions will provide mum-to-be with some much needed quality relaxation time. When she feels deeply relaxed so does baby.

In addition to providing deep relaxation, refreshing your mind and body and enabling you to create a bond with your growing baby, the techniques used in the sessions will relieve many of the common side effects experienced during pregnancy.

Techniques include;

The Cooling Breath - This pranayama lowers body temperature, calms and clears the mind and is fantastic as a tool to control the symptoms of morning sickness and nausea.

Alternate Nostril Breathing - This pranayama creates a state of deep relaxation and relieves tiredness.

# Prenatal Relaxation

## **Before you start.**

Here are some tips to help you get the most from the Prenatal Relaxation sessions;

If you have no previous experience of yogic breathing techniques it may take a couple of sessions before you feel comfortable breathing in a very slow controlled manner. Such breathing is a fundamental part of many yoga techniques, it greatly assists and enhances these techniques and with a little practice will become second nature.

Each 20 minute session has been devised to be followed from start to finish without interruption. We suggest you set aside more than enough time for the session or sessions and find a warm, quiet area away from any distractions.

If, for any reason, you find you are having difficulty concentrating on a session, focus your attention to the sound of your breath entering and leaving your body through your nose.

These sessions contain techniques that, when learnt, can be used wherever and whenever required to help relax and refresh your body and mind during this magical time.

We hope you enjoy these sessions and find the techniques useful. We are always keen to hear any comments you may have. If you would like to let us know your thoughts or would like information on our extensive range of classes please visit [www.yoga2hear.co.uk](http://www.yoga2hear.co.uk).

# Prenatal Relaxation

## Track.1. Introduction.

Please ensure you have listened carefully to the introduction and that you have read and understood the Medical Warning and Disclaimer in this guide booklet before commencing the sessions.

## Track.2. Session 1. The Seated Relaxation.

Begin sitting in your selected position;

Sitting on the floor with a straight back and your legs crossed (A) or..



Sitting on the floor with a straight back and your legs extended (B) or ...



Sitting in any firm chair with your back straight and both feet flat on the floor.

Continue the session as instructed.

**Note;** If you have difficulty curling the edges of your tongue whilst performing the Cooling Breath, you may extend your tongue and draw the breath over your tongue.

# Prenatal Relaxation

## Track.3. Session 2. The Laying Relaxation.

Begin laying down on your left side in a position called Flapping Fish (A).

Continue the session as instructed.



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