

Birthlight approach to teaching perinatal yoga: key elements

Remember we are empowering women to develop body & breath awareness rather than teaching a set of techniques

All the yoga we offer is easy and accessible

Integrate mini-relaxations into practice e.g. wobbles & laughter

Tone & elasticity of pelvic floor & core muscles

Find neutral point (zero gravity) in all movements & positions

Safe & easy transitions between positions

Ease & stability in all positions (sukha sthira asanam)

Favour rolling, circling, spiralling movements

Adapt classical asanas to be fluid & link together in mini-vinyasas

Soft knees, rectangle on springs when standing

Golden triangle as maximum opening for pelvis

Work from smaller to larger movements

Relaxed stretching with the breath

Let the breath flow at all times

Bring the baby into the practice from pregnancy onwards

All yoga offered within circle of women and babies