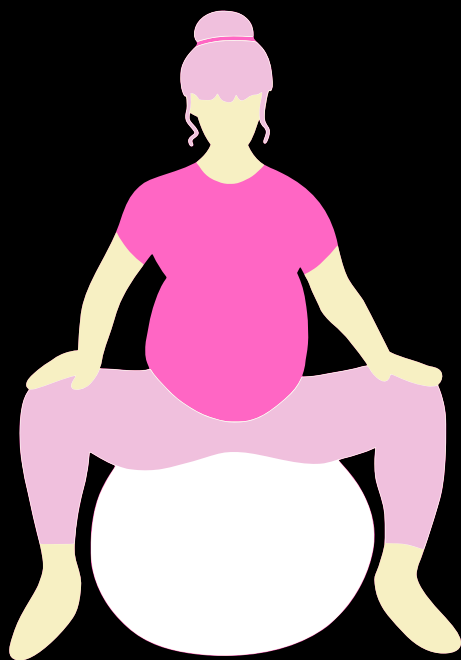


**MamaShakti Prenatal's
Guide To
Yoga & Mindful Movement
Through Pregnancy**





By Jessica Freedman

Spinning Babies® Certified Parent Educator,
Birth Doula, Prenatal Yoga Trainer, & Founder
of MamaShakti Prenatal



1st Trimester

Weeks 1–13



Focus: Grounding, Fatigue
Support & Nausea Relief

In early pregnancy, your body is working hard — even if it's not yet visible. The goal here is to stay grounded, listen inward, and allow your energy levels to guide your movement.

Recommended Poses:

Supported Child's Pose – Calms nausea, gently opens hips, restores energy.



Reclined Butterfly Pose – Opens chest and hips, promotes circulation, helps relieve fatigue.



Cat-Cow Tilts – Gentle spinal movement that alleviates early back pain and connects you to your breath & pelvic floor.



Mindful Practices:

- Deep belly breathing with hands on the belly & heart



- Journaling or body scans to connect with shifting sensations



1st trimester Prenatal

Yoga Sequence

1. Easy Seated Pose (Sukhasana) with
Breathwork – 1 min

Inhale deeply through the nose, exhale through the mouth. Begin to tune in.

2. Cat-Cow (Marjaryasana-Bitilasana) – 2 min

Mobilize the spine and connect breath to movement.

3. Child's Pose (Balasana) – 1 min

Rest and allow the hips to open gently.

4. Low Lunge (Anjaneyasana) – 2 min

Open the hip flexors; keep the back knee cushioned.

5. Supported Butterfly Pose (Baddha Konasana) – 2 min

Use props or sit on a folded blanket for comfort.

6. Legs up the Wall (Viparita Karani) – 2 min

Restorative ending for fatigue and circulation support.

Use a chair if the wall is uncomfortable.

Second Trimester

Weeks 14–27



Focus: Strength, Space, &
Connection

As energy returns and the belly begins to grow, the second trimester is ideal for building strength, maintaining mobility, and creating space in the body — especially around the pelvis and ribs.

Recommended Poses:

Warrior II – Builds stamina, strengthens legs, promotes confidence.



Gate Pose – Opens the side body and helps with rib expansion.



Goddess Pose with Pelvic Tilts – Builds lower body strength and keeps the pelvis mobile.



Mindful Practices:

- Heart-opening meditations to bond with baby



- Gentle walking meditations or yoga flows to music



- Affirmations like: "My body is wise. My baby is safe. I am enough."

2nd Trimester

Yoga Sequence

1. Seated Side Stretch (Parsva Sukhasana)
– 1 min

Elongate the side body and open the ribs for breath.

2. Cat-Cow on Forearms (for wrist relief) – 1 min

Continue mobilizing the spine with breath.

3. Gate Pose (Parighasana) – 2 min

Great for pelvic opening and side body expansion.

4. Warrior II (Virabhadrasana II) – 2 min

Build strength and stability in legs and hips.

5. Wide-Legged Forward Fold (Prasarita Padottanasana) – 2 min

Gentle pelvic stretch with support under hands.

6. Supported Savasana on Left Side – 2 min

Use pillows or a bolster to relax deeply.

Third Trimester

Weeks 28–Birth

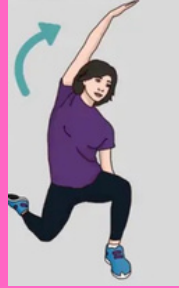


Focus: Comfort, Pelvic Balance & Labor Prep

In the final stretch, comfort and alignment are key. These practices help baby find their way into an optimal position while keeping you calm, centered, and open.

Recommended Poses:

- Psoas Stretch with Side Bend – Balances the pelvis and helps with fetal positioning.



- Supported Squat – Encourages pelvic openness (use props to avoid fatigue).



- Forward-Leaning Inversion – Done with caution & assist, helps w/ baby position.



Mindful Practices:

Find these practices on the MamaShakti
YouTube Channel

- Guided birth meditations

“Birth Prep” YouTube Playlist

- Open glottis breath practice
- Pelvic floor awareness + gentle toning with exhale (e.g., “sigh out” breath)

“Pelvic Floor” YouTube Playlist



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3rd Trimester Yoga

Sequence

1. Supported Cat-Cow with Chair or Ball – 1 min

Release back tension and create space.

2. Pelvic Circles on Hands & Knees – 1 min
Gently mobilize and create rhythm in the pelvis.

3. Supported Malasana (Squat) with Block or Bolster – 2 min

Open hips with support; breathe into the pelvic bowl.

4. Side-Lying Stretch (on Left Side) – 2 min
Add a pillow between knees and under the belly for ease.

5. Seated Forward Fold with Knees Wide – 2 min

Let belly hang, release tension, breathe deeply.

6. Affirmation & Breath in Seated Pose – 2 min

Repeat: "I trust my body. I trust my baby. I am ready."

Join the MamaShakti Prenatal Yoga Teacher Training



or download free audio meditations & prenatal yoga classes for pregnancy and birth prep on YouTube!

Email

info@mamashaktiprenatalyoga.com



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