



## **Prenatal Yoga Tip #6 - Half Moon Salutation (Variation)**

Growing a baby is a miracle, but it is also a lot of hard work for women's bodies. As internal focus turns to the baby, many of the body's systems slow down, particularly the digestive and elimination systems causing uncomfortable issues such as heartburn, constipation, gas, and bloating. Half Moon Salutation (variation) not only stretches the muscles of your body but the tissues that encase your muscles, stimulating organ systems, helping those body systems perform more effectively. This gentle, yet excellent, Vinyasa also promotes the circulation of blood and oxygen, giving you energy, and overall feeling of well-being.

Beginning in Tadasana (standing Mountain pose), turn your focus inward, ensuring balance on both sides of your body. Round your breath, and match your inhale to your exhale. Relax your jaw, face, neck, shoulders and back.

(Note: if your baby has grown significantly you may need to widen your legs to accommodate your belly as you bend forward).

Inhale lifting both arms overhead, keeping your shoulders down. Clasp your hands together and point your index finger, or keep your hands apart palms facing in (whichever feels more comfortable for your body).

Keeping your feet grounded, exhale and lean to the right, inhale come back to center, exhale and lean to the left, inhale back to center. Exhale into a very gentle backbend, inhale back to center.

Exhale into a forward fold, keeping your spine straight and bending your knees as much as needed to avoid straining your hamstrings. Inhale hands onto shins or thighs flattening your back. Exhale fold. Inhale reverse the swan dive reaching your arms back up overhead. As you exhale bring your hands together and down to your heart center in prayer.

Practice the entire sequence five times in a row for optimal benefits and enjoy.