



### **Prenatal Yoga Tip – Cat/Cow pose**

The yoga pose Cat/Cow is excellent for pregnant moms. Benefits include (but are not exclusive to): increasing mobility in a stiff spine; strengthening the lower back; lessening lower back pain; decreasing hip pain; strengthening the abdominals; helps with round ligament pain and strengthens your shoulders.

Also importantly Cat/Cow pose (or any pose from your hands and knees) helps encourage the baby to move into the ideal birth position.

A great thing—cat/cow can be done almost anywhere, and as often as you like.

#### ***How to do it:***

Begin in table top pose (on your hands and knees with your hands directly below your shoulders, knees directly below your hips), flatten your back by using your stomach muscles to hug your baby, find your breath and then as you exhale round your back like a Cat stretching in the morning sun, and as you inhale drop your belly towards the floor head and tailbone up to the ceiling, arching your back into Cow. Practice a few rounds (5 to 10 breaths) daily (or even a couple of times a day) and discover the huge benefits of this pose.