



Prenatal Yoga – Tip #7 – Yoga for the Feet

Women's bodies experience many changes throughout pregnancy and most of these changes directly affect their feet. The feet endure the pressure of the extra weight, as well as coping with significant changes in the body's center of gravity. Women's feet also tend to swell (often significantly) during pregnancy and particularly during the summer months. While drinking plenty of fluids and propping those feet up, as much as possible helps here are a few foot yoga poses which not only reduce swelling, but can assist in alleviating overall foot pain.

As well, it is important to note that between the arches of the feet and the pelvic floor there is a strong reflexive relationship as there is a nerve ganglia from the feet to the pelvis. So developing strength in one develops strength in the other.

- 1) In a seated staff pose (back straight, legs extended), inhale stretch your toes wide, exhale relax toes for five breaths; then inhale scrunch your toes, exhale relax your toes for five breaths. Note: if you are tired or would like the extra support, sitting with your back to the wall is an option.
- 2) In staff pose exhale and flex your feet (pointing your toes toward your knees) for five or ten breaths. Then inhale and point your feet for five or ten breaths. Also optional to circle ankles each way with your breath (particularly helpful with swelling).
- 3) In staff pose bend your knees and place your feet flat on the floor. Practice lifting just your big toes off the ground for five or ten times. Then practice lifting all of your other toes off the ground, keeping your big toes grounded.
- 4) Standing facing the wall, placing your hands on the wall, inhale up on your toes, exhale down (for further challenge, practice in sequence with Moola Banda).

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