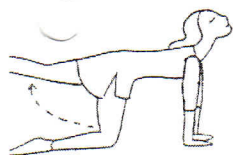
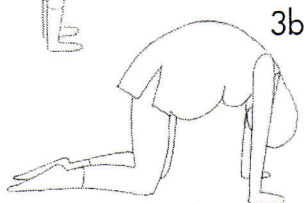
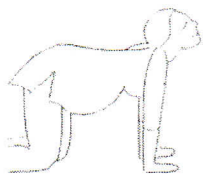
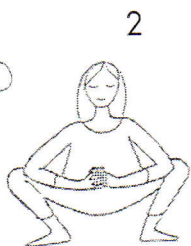


## Pregnancy: Warm-Ups

*KRI NOTE: This exercise series has not been given specifically by Yogi Bhajan. A pregnant woman can practice these positions before another yoga series or before meditation. This series has been reviewed by KRI.*



1. Sit on the floor and stretch out your legs. Then bring the bottoms of your feet together. Interlock your fingers and place them over your toes (1). Keep your spine and head straight throughout this exercise. Relax in this position and begin breathing long and deep. As you become more comfortable, begin to gently move your thighs up and down. Eventually you can move your heels closer to your pelvic floor. Continue for 1-3 minutes.

2. Stand with your legs comfortably spread and then lower your body into the Squat Position. Allow your knees to spread comfortably open and let your bottom to sink towards the floor. Your feet are flat on the floor (2). Helpful Hint: If this position is difficult, roll up a yoga mat or blanket and place it under your heels. Interlock your fingers and relax them before your Heart Center, as you rest your elbows on the inside of your thighs. Breathe long and deep, as you relax for 3 minutes.

3. Cat - Cow. Come onto your hands and knees, balancing your weight equally. Your knees and arms are shoulder width apart. Inhale, as you stretch your head back and let your chest open forward, elongating your spine (3a). (Avoid extreme swayback.) Exhale, as you relax head onto your chest and stretch your spine up and out, as a cat (3b). Continue for 1-3 minutes. Relax.

4. On hands and knees, as in #3. Inhale, raise your head up as you stretch your left leg straight back and comfortably up (4a). Keep your pelvis parallel to the floor to avoid twisting your torso. Exhale, lower your chin to your chest, and bring your left knee to your chest (4b). Continue for 1 minute. Relax. Repeat for 1 minute with right leg. Relax.

5. Lie on your side. Your lower arm supports your head. Your upper hand rests on your lower back. Your upper leg is bent with your foot resting on your lower leg. Inhale, rolling your pelvis forward. Exhale, rolling your pelvis back (5). Continue at a comfortable pace for 1 minute. Repeat exercise laying on your other side. Relax

COMMENTS: Practice these exercises daily to remain flexible and enjoy the wonders of pregnancy.

May God bless you to guide the way for your next generation. May you be blessed to live to fulfill your destiny to raise your child, children, friends, neighbors, and the people you touch to the highest experience of moral dignity and gracious intake, faith, and belief in the wonderful God, the Creator. May you be blessed to bless yourself every day, and be precious conscious of that perfect God who created you for a perfect purpose. Sat Nam.

Yogi Bhajan, Women's Camp, New Mexico, July 5, 2000.