

MOM ON THE GO



T I P S & S U G G E S T I O N S

MOM ON THE GO

TIPS & SUGGESTIONS

- If you recently gave birth, please make sure you have received the “ok” from your doctor or midwife before re-starting your yoga practice. As always, consult your doctor before starting any program.
- Due to the short duration of these classes, modifications or variations are not always suggested. Please take your time and modify the classes in a way that best supports your body and healing.
- If you are new to yoga, I suggest starting with Inner Dimension TV’s program called Yoga For Beginners and then returning to Mom on the Go.
- Take child’s pose at any time, skip vinyasas, or use your knees for support when lowering from plank to low pushup. Instead of moving through a full vinyasa, you can hold plank pose or modified plank pose to help build stability, strength and connection to your core.
- If you are healing diastasis recti, had a cesarean section or recently gave birth, I suggest limiting the depth of your backward bends. Instead of moving into Upward Facing Dog, stick with Cobra Pose.
- Many women experience wrist tenderness in new motherhood. Make sure to keep pressure in the tips of your fingers while sealing the inner hand (thumb and first finger) to the mat at all times while you’re in Downward Facing Dog, plank pose, low pushup, and side plank. This will help keep the wrist safe and strong. If you feel wrist tenderness, consult your doctor. You can also try the practice called “Mobility” from the Inner Dimension TV program Yoga 30 for 30, which focuses on supporting the wrists.
- Again, due to the quick nature of these classes, the final resting pose is short. Please take a longer rest any time you can. You deserve it mama!
- Keep a bottle of water nearby and drink water as frequently as necessary, especially if you are still breastfeeding.