

# Supplement 1: Prenatal Yoga Program

## MEDITATION

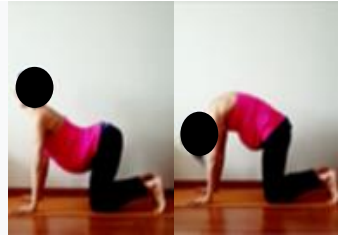
5 minutes



*Sukhasana (Easy Pose)*

## ASANAS

40 minutes



*Marjaryasana - Bitilasana*



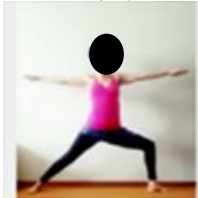
*Viranasana Version*



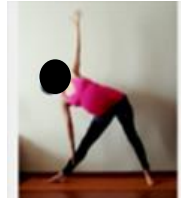
*Surya Namaskar (Sun Salutations)*



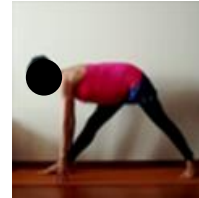
*Squat Flow*



*Virabhadrasana -2*



*Utthita Trikonasana*



*Parsvottanasana*



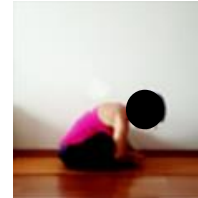
*Malasana*



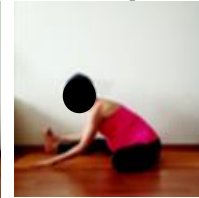
*Upavista Konasana*



*Parivritta Upavista Konasana*



*Baddha Konasana*



*Janu Sirsasana*



*Marichyasana Version*

## PRANAYAMA

5 minutes



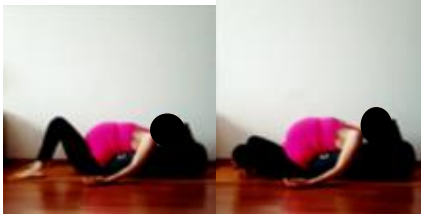
*Ujjayi Pranayama*



*Nadi Shodana Pranayama*

## SAVASANA

10 minutes



*Savasana Versions (Restorative Pose)*