

Child's Pose



This resting pose is great for gently stretching those aching hips, pelvis, and thighs. You'll also stretch the spine, especially the lower back.

Muscles worked: gluteus maximus, rotators, hamstrings, and spinal extensors

1. Begin on all fours on the mat, with your knees directly under your hips.
2. Keep your big toes touching. This will give your belly room to slide between your knees and avoid putting strain on your hips. You can also widen your toes if having them touching puts any pressure on your knees or does not provide enough room for your belly.
3. Inhale and feel your spine grow longer.
4. As you exhale, take your butt to your heels and lower your heads towards the mat while tucking your chin to your chest.
5. Rest here, with your forehead on the ground. You can also fold a blanket or use a yoga block and let your head rest on it if the ground is far away. Keep your arms outstretched.
6. Hold this for at least 5 deep, even breaths.

Cat-Cow



This stretch will help gently strengthen your lower back, decrease hip and lower back pain, and help with round ligament pain.

It can also increase spine mobility. Increasing the circulation of your spinal fluid helps lubricate it all day long. This can help ward off new pain and ease what's there.

Equipment needed: yoga mat

Muscles worked: spine, arm, abdominals, and back

1. Begin on all fours. Keep the tops of your feet flat on the mat, shoulders directly over your wrists, and hips directly over your knees.
2. As you inhale, drop your belly, letting your back arch, but keep your shoulders rolled back and down while looking forward and slightly upward. This is Cow.
3. As you exhale, press into your hands and round your upper back, while looking in toward your belly. This is Cat.
4. Continue moving on your arch on your inhales and round on your exhales.
5. Repeat at least 5 times.

Lunge



This stretch is helpful for those with tight hip flexors, the muscles that run along the front of your hip. These muscles can often get tight during pregnancy due to changes in the position of the pelvis.

Equipment needed: pillow or yoga mat

Muscles worked: hip flexors, glutes, core

1. Begin kneeling on the floor with your knees on a yoga mat or pillow for comfort.
2. Step one foot forward so that both your front knee and hip are at 90-degree angles.
3. As you exhale, slowly lean forward, putting weight into your front leg. Square off your hips by rotating your back hip forward until you feel a stretch down the front of the hip and thigh.
4. Hold onto a wall or chair for balance, if needed.
5. Hold position for 30 seconds.
6. Repeat on other side.