

Restore

WEEK 10 PRENATAL

OBJECTIVES:

- Calm the nervous system
- Maintain mobility through the spine, hips, and shoulders
- Allow the body time to recover

HOMework

DAILY PRACTICE:

- Continue to practice posture + diaphragmatic breathing
- 1x/day: 10 rounds each of kegel 2.0, belly hug, and core breath

VIDEOS:

- Yin for Back Pain (60 min)
- Postnatal Upper Body Stretch (20 min)
- Seated Hip Stretch (10 min) - repeat 2-3x this week
- Try 1 meditation video (10-20 min)

EXTRA CREDIT

- Additional meditation or Yin
- Rekindle your journaling habit
- Assess and address any sleep hurdles you are experiencing
- Make up any missed classes from last week