

Warrior Pose

- Yoga is a great activity during pregnancy, but because of a shift in your center of gravity, as well as looser tendons and ligaments, be careful not to do too much or push yourself beyond what feels comfortable



- Stand next to a sturdy counter or chair for balance, your legs extended in a lunge position. Your back foot will point out about 45 degrees, your front foot points straight forward
- Sink into the lunge as far as feels comfortable, extending your arms directly overhead, palms facing in as your body faces forward toward the front foot
- Keep your abdominal muscles tight as you hold this position, remembering to breathe
- The challenge for both positions is to sink deeper into the position while remaining relaxed yet alert
- Shift to the second position by turning your torso towards the side, extending your arms out over each leg as you breathe deeply
- Try not to hunch over, instead focus on keeping the chest open and relaxed

- To get the most out of your workout, hold each position about 30-60 seconds, breathing comfortably and focusing on your balance

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
