

How Kundalini Yoga can Support a



Conscious Pregnancy

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Redefine the idea of Pain



In most of the western part of the world...

- The Word Pain is associated with something wrong
- How we and our culture views pain also influences our perception on it





What if ...



1 Ina May Gaskins



2 Tarn Taran Kaur Khalsa



3 Gurmukh



Breathwork

Conscious Breath

Refreshing Breath

Focal Points while breathing

Sitali Breath: Cooling



Mantras

SAT NAM- TRUE SELF

EK ONG KAR, SAT GUR PRASAD,
SAT GUR PRASAD, EK ONG KAR

I AM BEAUTIFUL, BOUNTIFUL, AND BLISSFUL, I AM I AM.



Exercises Before 120 Days



Active Standing Pose

Cat/Cow Pose

Balancing Cat

Supported Butterfly

Squat with Prayer Pose

Ear to Knee Pose

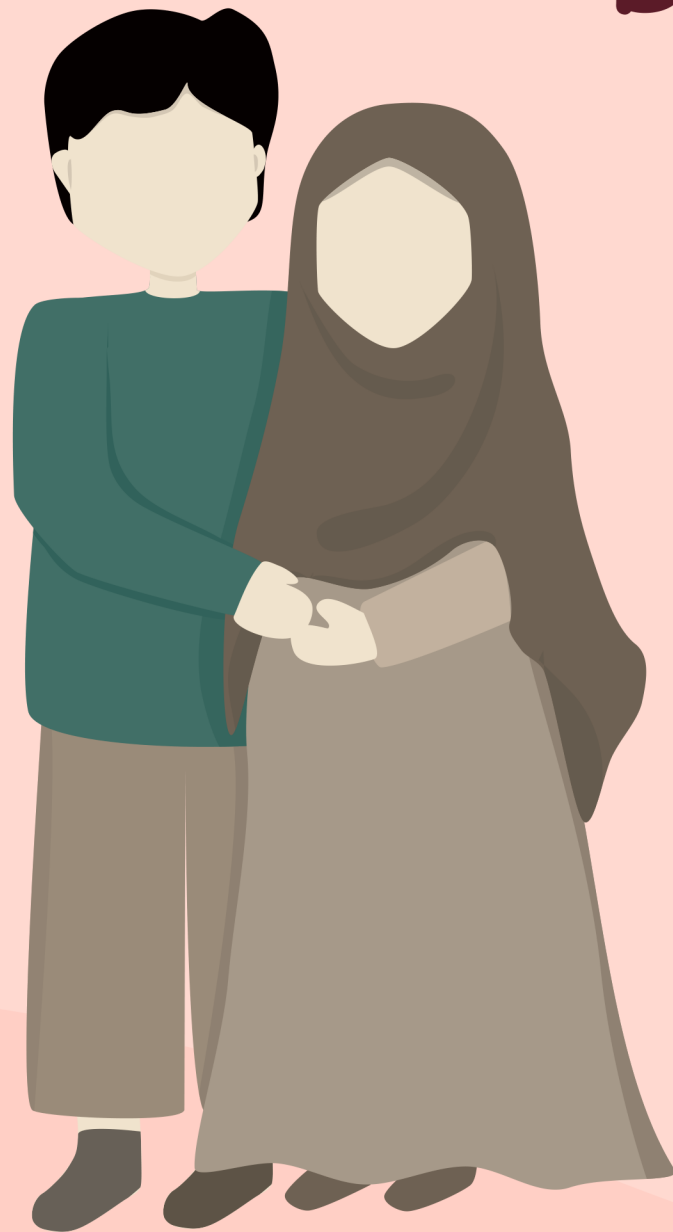


Not recommended after 120 days

- *Practicing baby pose and also all gong meditations
- *After the 36th week avoid standing life nerve stretch Variations
- *Exercises and pranayam that over stimulate
- *Excercise which apply pressure to the abdominal area (bow pose, stretch pose) NONE on stomach.
- *Diaphragm lock or contraction of the rectum sex & naval locks together
- *Sat Kriya *Leg lifts *Inverted postures
- *Cold showers after the 7th month

Helpful Meditations

before during and after
pregnancy

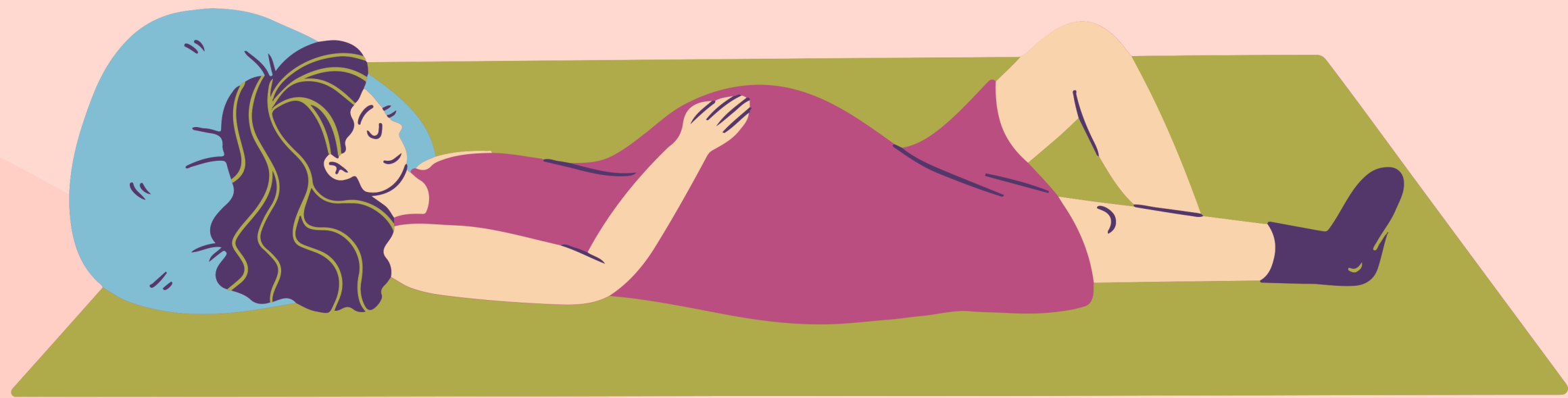


Charan Jaap



Kritan Kriya

Body Part by Body Part Relaxation



*Laughing and
Singing*

RA MA DA SA



*Be the Change you wish
to see in the World
-Ghandi*

Thank you for listening!



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Resources

Yoga for Women- Shakta Kaur Khalsa

Conscious Pregnancy- The Gift of Giving Life- Tarn Saran K. Khalsa

Bountiful, Beautiful, Blissful- Gurmukh

Ina's May Guide to Childbirth- Ina May Gaskin

Spiritual Midwifery - Ina May Gaskin

A Womens Book of Yoga- Michelle M. Seibel and Hari Kaur Khalsa