



# Top 10 Yoga Poses for Moms



## 1. Warrior II Pose

This pose helps new moms build stamina for those post-midnight feeding sessions



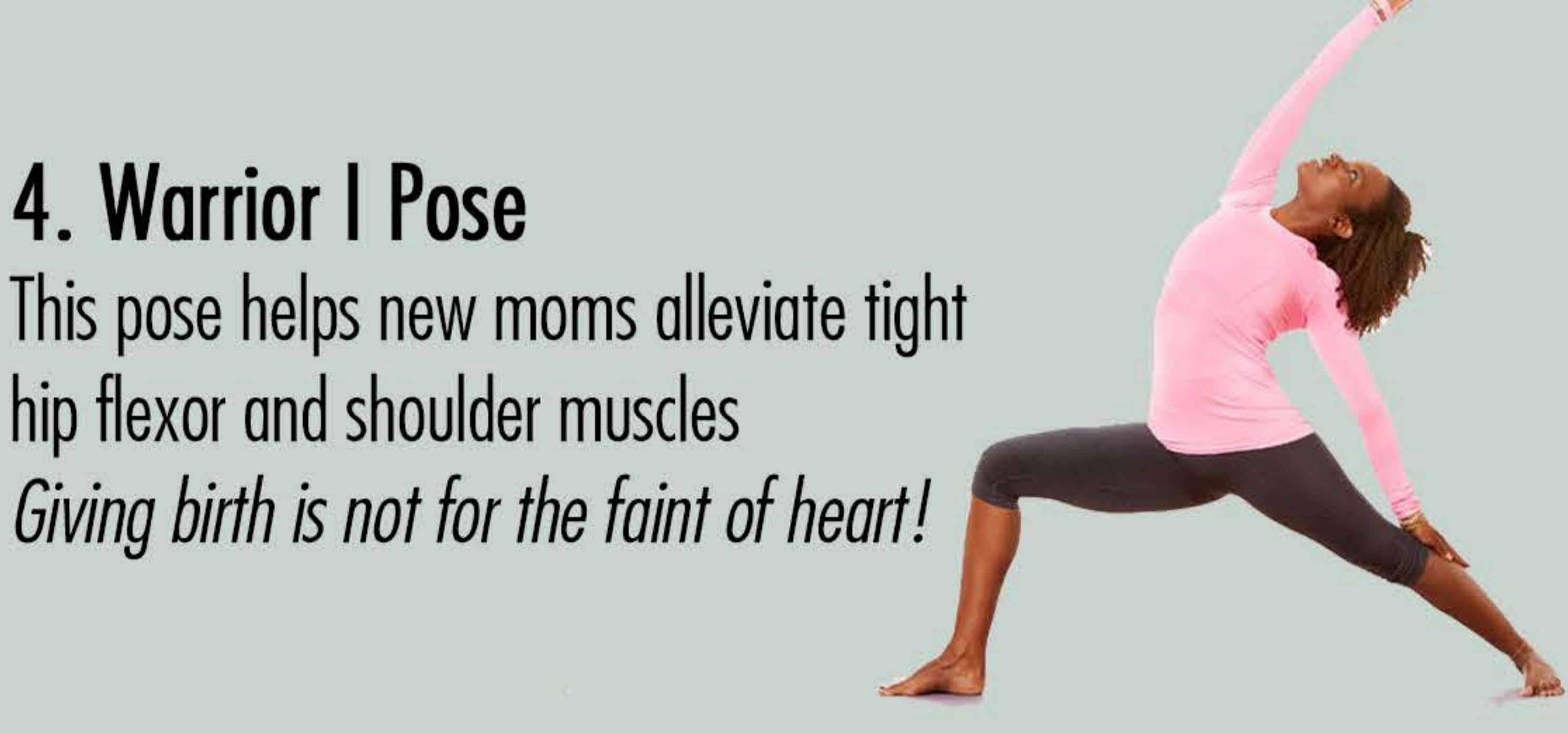
## 2. Viparita Karani

This pose helps new moms relax and rejuvenate after a long day



## 3. Child's Pose

This pose helps new moms strengthen pelvic floor muscles  
*Sneeze with confidence!*



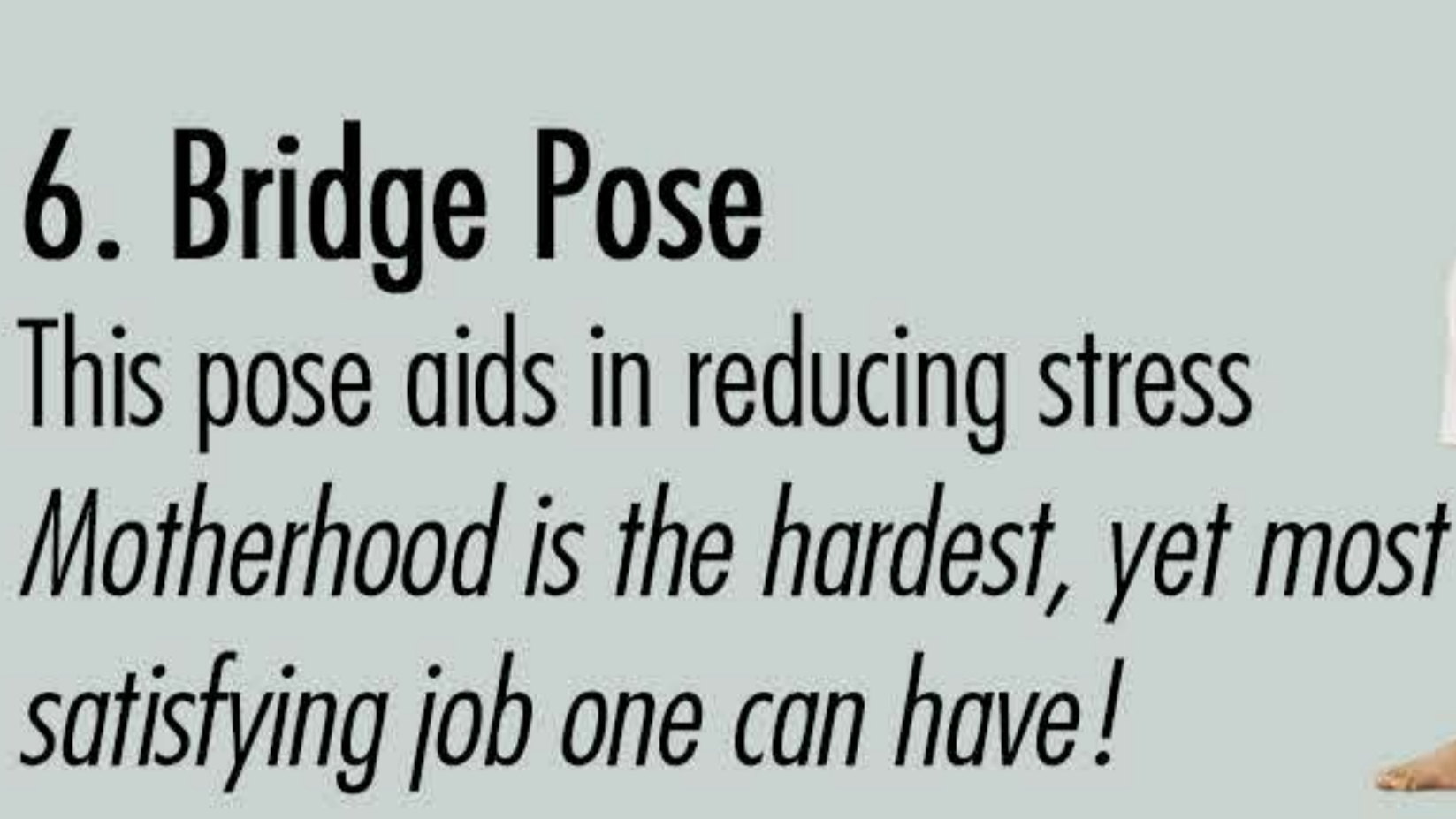
## 4. Warrior I Pose

This pose helps new moms alleviate tight hip flexor and shoulder muscles  
*Giving birth is not for the faint of heart!*



## 5. Locust with Shoulder Bind

This pose helps new moms release upper body tension  
*Kids are heavier than they look!*



## 6. Bridge Pose

This pose aids in reducing stress  
*Motherhood is the hardest, yet most satisfying job one can have!*



## 7. Cobra Pose

This pose alleviates tightness in the lower back and stretches the upper body



## 8. Cow Face Pose

This pose gives moms a deep stretch in their hips, ankles, thighs, shoulders  
*PLUS: Aids in chronic knee pain!*



## 9. Downward Facing Dog

Strengthens mom's hands, wrists, and legs.

## 10. Cat-Cow Stretch

This pose helps bring back mobility of the spine.  
*Hours of labor can wreak havoc on mom's spine*

