



Yoga for Mothers Postpartum

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Postpartum Yoga



When can I start with Yoga sessions?

Well, if you have had a normal delivery then after a month, you may start with the Yoga practices. However, if you had to undergo a C-section, a wait of 3 months is recommended before starting with the Yoga sessions.

So how Yoga therapy helps in Postpartum phase?

- Yoga therapy helps to bring you back in shape
- Resolves the postpartum blues/ depression
- Solves problems of constipation
- Will help in restoring the endurance levels
- Will reduce the fatigue
- Will help in resolving issues of fecal or urinary incontinence
- Resolve back pain issues
- Restore vaginal tightness
- Strengthens the abdominal muscles
- Improves immunity
- Resolves insomnia issues

What should be kept in mind before starting with Yoga practices?

Make sure that you check yourself for diastasis recti. If there is an issue of diastasis recti, then certain postures that compress the abdominal muscles, will worsen the situation. Besides diastasis, other aspects such as blood pressure or any related issue must also be discussed with the therapist before proceeding further.

Why is Yoga the best choice for post-partum practices?

Yoga is a holistic practice that'll help in physically strengthening the muscles strained during labor, relaxes the mind, thus compensating for the lack of sleep. It is the only practice that can take care of the physical, emotional & mental requirements of the mother in totality. The wonderful benefits of Yoga postures in relaxing the aching back muscles, or resolving the carpal pain, or harmonising the flow of prana in the body, would be joined by the benefits like restoration of digestion by practicing kriyas and sorting out the postpartum blues through Pranayama & dhyana.

**Take a step towards holistic wellness in your new role
by adding yoga to your motherhood.**

