

# STRETCHES

## DURING PREGNANCY

### WHILE STRETCHING:

Stretch slowly without bouncing. Be sure to breathe slowly and deeply, allowing the stretch to deepen upon exhalation. Hold each stretch for 10-30 seconds. Release and repeat until you feel an ease in the targeted muscle group. Take time to stretch each day, especially before you exercise. Stretching has a cumulative effect over time, allowing greater flexibility and ease of movement. Enjoy feeling good in your own body!

PLEASE NOTE: These stretches are suggestions only. Please consult your health care provider before beginning any new stretching or exercise routines.

\* DARKENED AREAS IN THE DRAWINGS REPRESENT THE MUSCLE GROUPS WHERE THE STRETCH SHOULD BE FELT.



1. Sit cross legged (or on a chair) and allow your head to fall forward. Keep your back straight. While focusing on your breathing, slowly turn your head from one side to the other.



2. Continue on the floor. Lean to the right with your hand on the floor to support you. Keep your shoulders facing forward, lift your left arm above your head and turn your chin to the right, looking downward. You should feel a continuous stretch through the right side of your torso. Tighten your abdomen and lift through the back. Hold for 10 seconds and repeat on the opposite side.



3. Still sitting cross-legged, raise your arm up and across your chest. Support your arm with your other hand and gently squeeze, pulling it towards your torso. Keep your shoulders relaxed and back lifted, hold for 10 seconds and repeat on the opposite side.



4. Still on the floor, tilt your abdomen up and keep it tight. Lift one arm up towards the ceiling and bend at the elbow. Using your opposite hand, gently push the arm back towards the wall behind you. Hold for 10 seconds and repeat on the opposite side.

# milk + honey®

SPA | RETREAT | SHOP

MILKANDHONEYSPA.COM

hill country galleria | BEE CAVE | 512.263.1115  
2nd street district | DOWNTOWN AUSTIN | 512.236.1115

## RECOMMENDATIONS

client name: \_\_\_\_\_

date: \_\_\_\_\_

spa partisan: \_\_\_\_\_

suggestions: \_\_\_\_\_

notes: \_\_\_\_\_

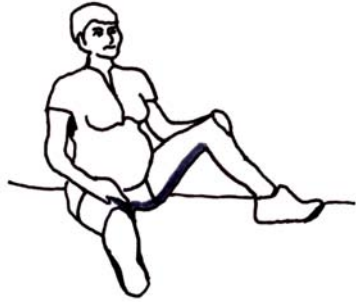
# SALON™

by milk + honey

MILKANDHONEYSAON.COM

237 west 3rd street | DOWNTOWN AUSTIN | 512.236.1112

## STRETCHES DURING PREGNANCY, CON'T



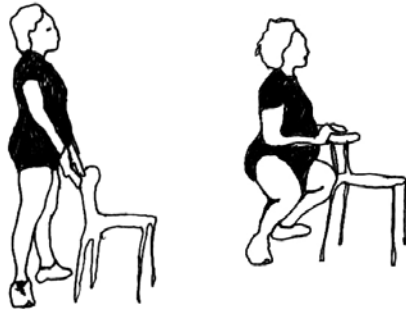
5. Sit on the floor with one leg straight out and the other leg bent to the side comfortably. Gently lean forward with a straight back over the outstretched leg. Hold for 10 seconds. Repeat on the opposite side.



6. Sit on the floor with your hands behind you. Lift the chest and draw the elbows back, squeezing the shoulder blades together. Keep the abdomen muscles engaged, and try not to arch your back. Hold for 30 seconds.



7. On your hands and knees, with your spine in a neutral position, relax your shoulders. Squeeze your buttocks and bring your pelvis under you and tuck your head under your chest, so that you are arched like a cat. Repeat 8 times.



8a. Stand facing the back of a chair, with feet slightly more than hip width apart. Lightly hold the back of the chair for support and contract your abdominal muscles. Keep your knees over your toes and your back straight. Keep your chest lifted and your shoulders relaxed.



8b. For a full squat, lower your hips down below your knees. Hold for 8 seconds and slowly come back up.



9. Stand with your feet slightly wider than hip width. Reach one hand up toward the ceiling and the other down toward the ground. Hold for 10 seconds and repeat on the opposite side.



10. Kneel on the floor with your legs wider than your torso. Place your hands in front of you and slowly crawl out until your nose is close to the ground. Hold for 10 seconds and slowly back out of the stretch. Repeat.

# milk + honey<sup>®</sup>

SPA | RETREAT | SHOP

MILKANDHONEYSPA.COM

hill country galleria | BEE CAVE | 512.263.1115  
2nd street district | DOWNTOWN AUSTIN | 512.236.1115

open 7 days a week.