



# PREGNANCY

## Nine months and newborn



### Competition

## Win 'Bliss From Within' DVDs; the definitive guide to Pre Natal Yoga

### Do you want to do yoga whilst pregnant but too busy for a class?

'Bliss From Within' is the perfect answer! With this DVD you can enjoy all the benefits of yoga from your sitting room. Mother of four, Zoe Mongey, shares her knowledge and experience of yoga during pregnancy with two comprehensive 45-minute yoga programs. The DVD helps to relieve aches and pains by strengthening and opening the body for a healthier pregnancy, it also has informative sections on positions for labour, pelvic floor techniques, baby bonding and encourages partner involvement with assisted yoga and labour positions.

### HOW TO ENTER

For your chance to win a 'Bliss From Within' DVD simply answer the following question:

Which British marathon runner was back winning the New York marathon only months after giving birth?

You can submit your entry via our websites, [www.babyhampshire.co.uk](http://www.babyhampshire.co.uk) and [www.babysurrey.co.uk](http://www.babysurrey.co.uk). Closing date for all entries is the 15th May 2009. Good luck!

#### Rules and regulations.

This competition is open to Baby Hampshire and Baby Surrey readers only. Closing date is the 15/05/09. The winner will be notified 2 weeks after the closing date. The judge's decision is final. There is no cash alternative.

### Zoe's Top 10 Pre Natal Yoga Tips:

1. Practice breathing exercises regularly to calm & centre your mind, increase the oxygen to the baby and prepare for labour.
2. Put a sticker on 3 regularly used items, (like your keys, phone and wallet) and practice your pelvic floor techniques each time you see the sticker.
3. Practice guided relaxation visualisations to help you connect more deeply with your baby growing inside you.
4. Practice pre natal yoga regularly to open and strengthen the body and release aches and pains. The more you do the better prepared your body will be, the better you'll feel and the better you'll sleep.
5. Practice specific all-fours positions, such as cat curls and leg lifts to encourage the baby into an anterior lying position which is perfect for birth.
6. Enjoy extra relief from your yoga practice by doing partner assisted yoga with a friend or partner
7. Practice upper back and chest opening poses, like Garudasana and Gomukhasana, to open and strengthen that area in preparation for the added stress as your body grows and your centre of gravity shifts forward
8. Practice quadricep lengthening poses like Virabhasdrasana I and Rajakapotasana to lengthen the quads which typically tighten as the baby grows and your weight shifts forward
9. Practice hip opening poses like Sukhasana, Prasarita Padottanasana and Childs pose to prepare the body for labour
10. Take the positions for labour booklet to the delivery with you to guide you through labour positions, breathing, massage & visualizations

Yoga helps you to relax during pregnancy and connect with your unborn baby, encouraging a more positive birth experience. Further information from Zoe is available at [www.jiivana.co.uk](http://www.jiivana.co.uk)