

Rexdale Women's Centre

Yoga For New Moms

The Practice of **YOGA** 20 Poses



416.745.0062 www.rexdalewomen.org

Funder's Acknowledgement

All aspects of the production of this booklet were made possible with the funding of the:



United Way
Greater Toronto

RWC-Mission

We support immigrant, refugee and newcomer women and their families to become fully participating members in Canadian society. As a leader in our sector, we enhance our clients' self-sufficiency and competence by providing essential services and facilitating access to community resources.

RWC-Vision

Our vision is for immigrant, refugee and newcomer women and their families to effectively settle and integrate into Canadian society. We are committed to working with our clients to be self-sufficient and financially secure. They will live happy, safe, healthy and socially engaged lives in which they are honoured and respected for who they are regardless of their background.

The Practice of **YOGA 20 Poses**

Purpose

The purpose of this book is to provide illustrations of yoga postures used in the Rexdale Women's Centre - New Moms Yoga Program. They are meant to be helpful to participants at in person classes, during online instruction or for self practice. Each posture is shown with models of varying flexibility and experience. The practice of yoga should be a part of a healthy life style.

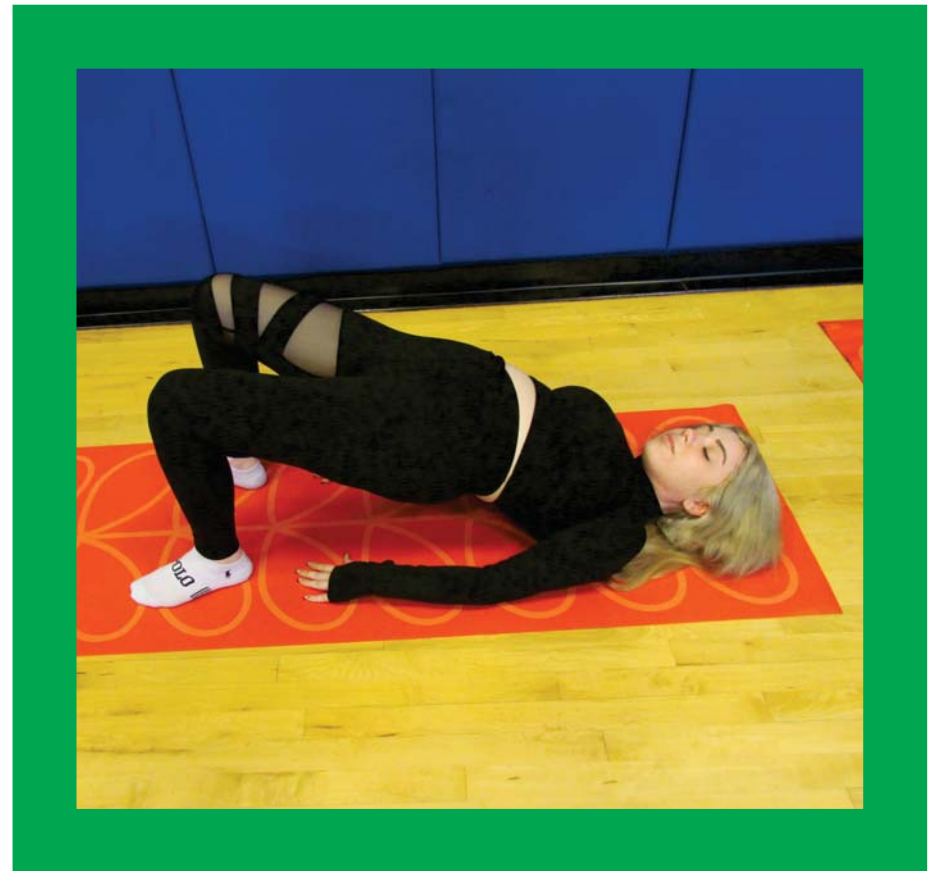
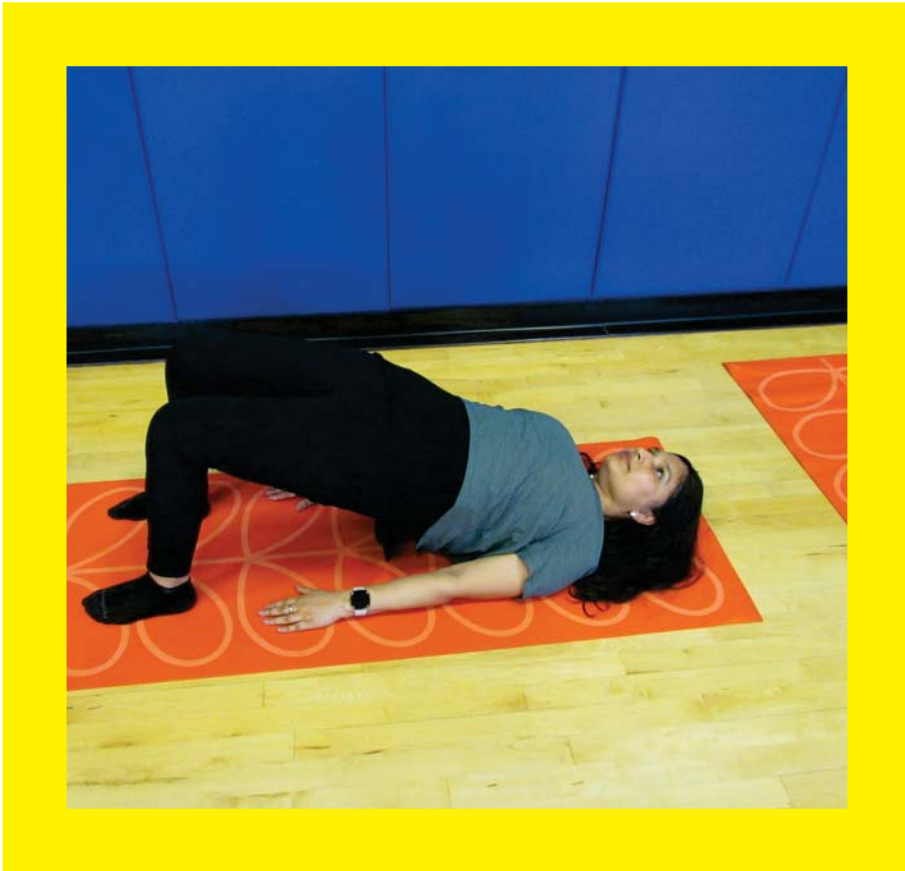
Instructors and practitioners have discovered the following benefits to participation in yoga classes:

- Increased flexibility and range of motion
- Increase mental focus
- Reduce stress and anxiety
- Attain a feeling of calmness and serenity
- Improved balance
- Increased strength and endurance
- Some experience reduced joint pain

Personal Responsibility - Waiver

It is the participant's responsibility to ensure they are fit enough to practice yoga as illustrated in this book. The postures have been selected with ne moms abilities and limitations in mind. It is not possible for the authors or instructors to know the condition of every participant. Participants should therefore discuss any medical or physical concerns that they may have about their ability to participate with a trusted medical professional. If pain or even moderate discomfort occur, stop the posture and recover completely before resuming.

1. BRIDGE POSE



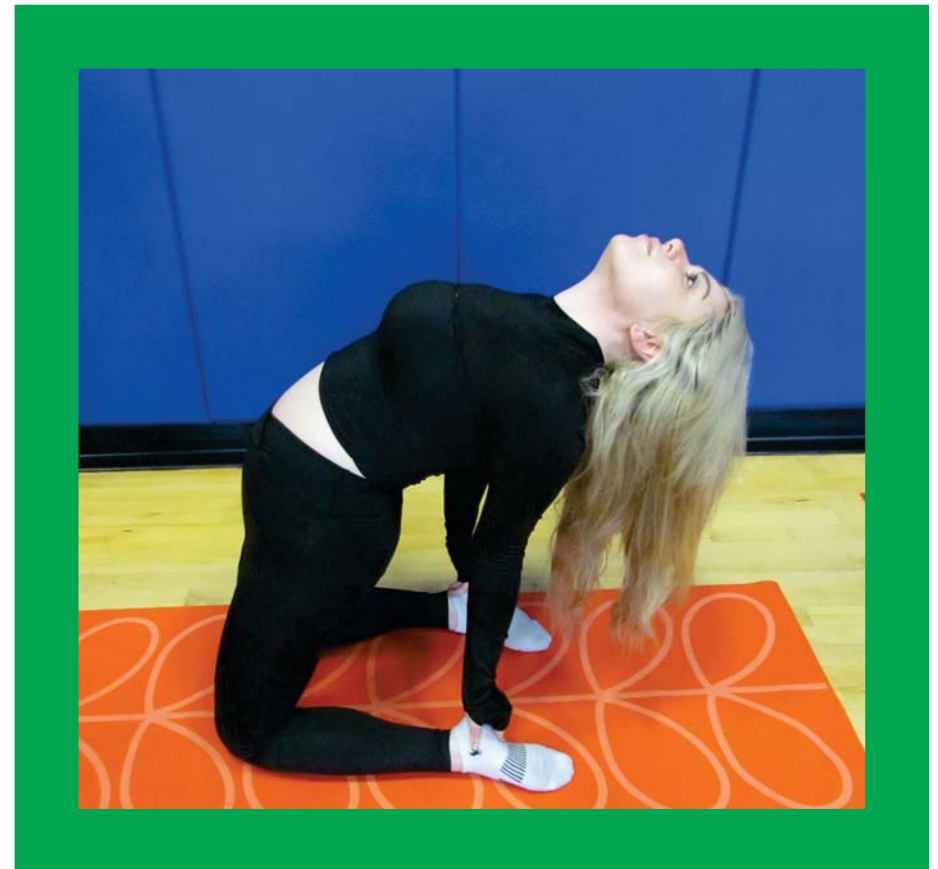
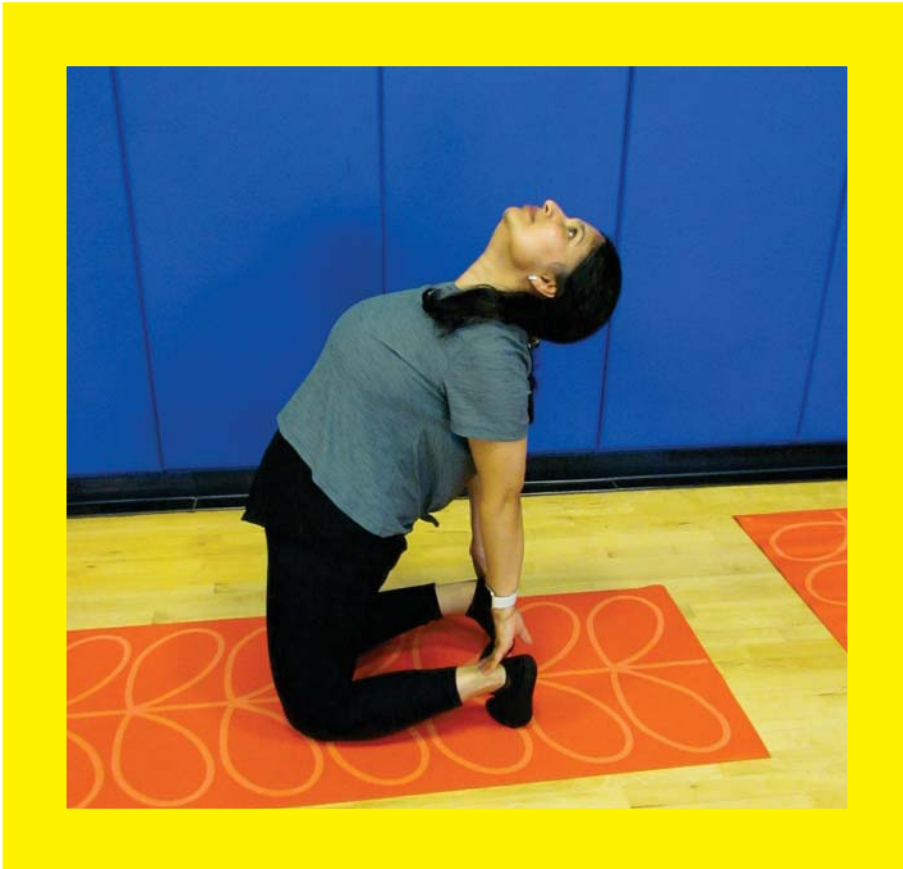
NOTES

2. BUTTERFLY POSE



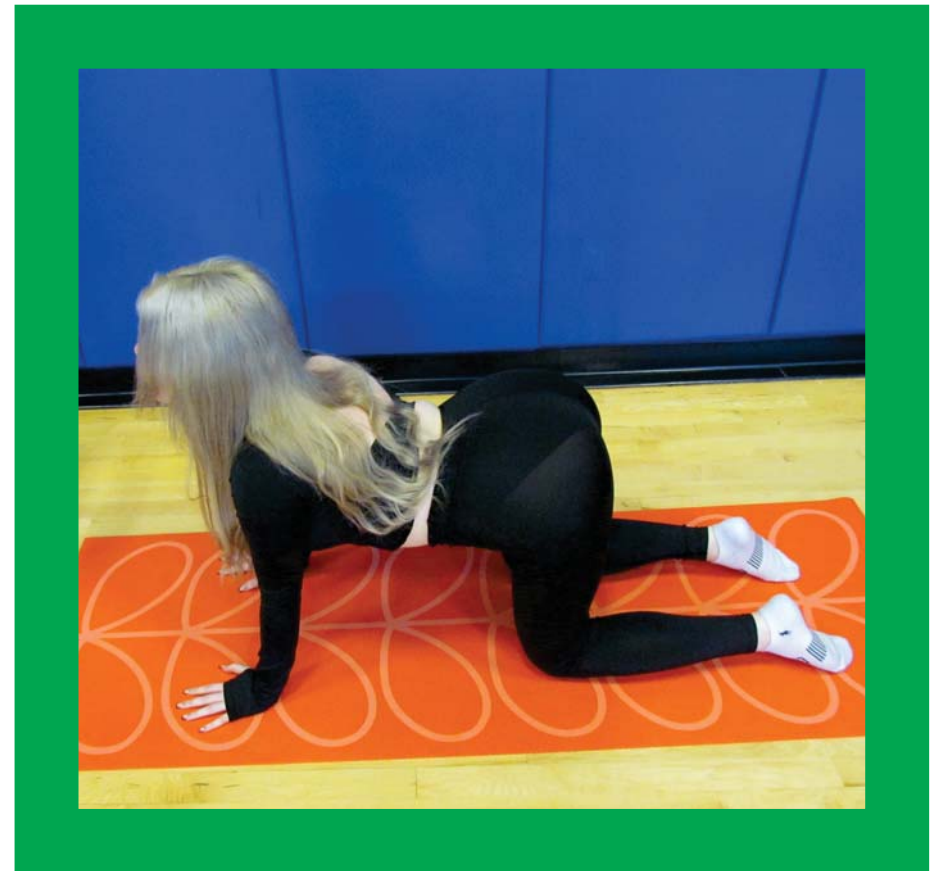
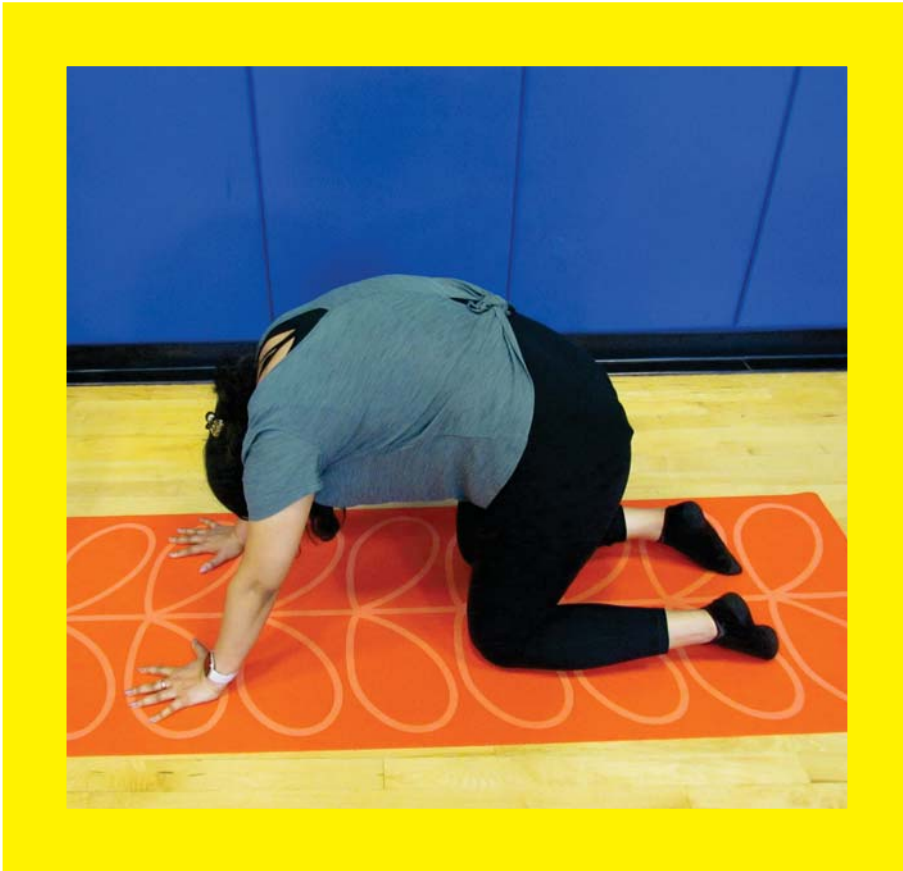
NOTES

3. CAMEL POSE



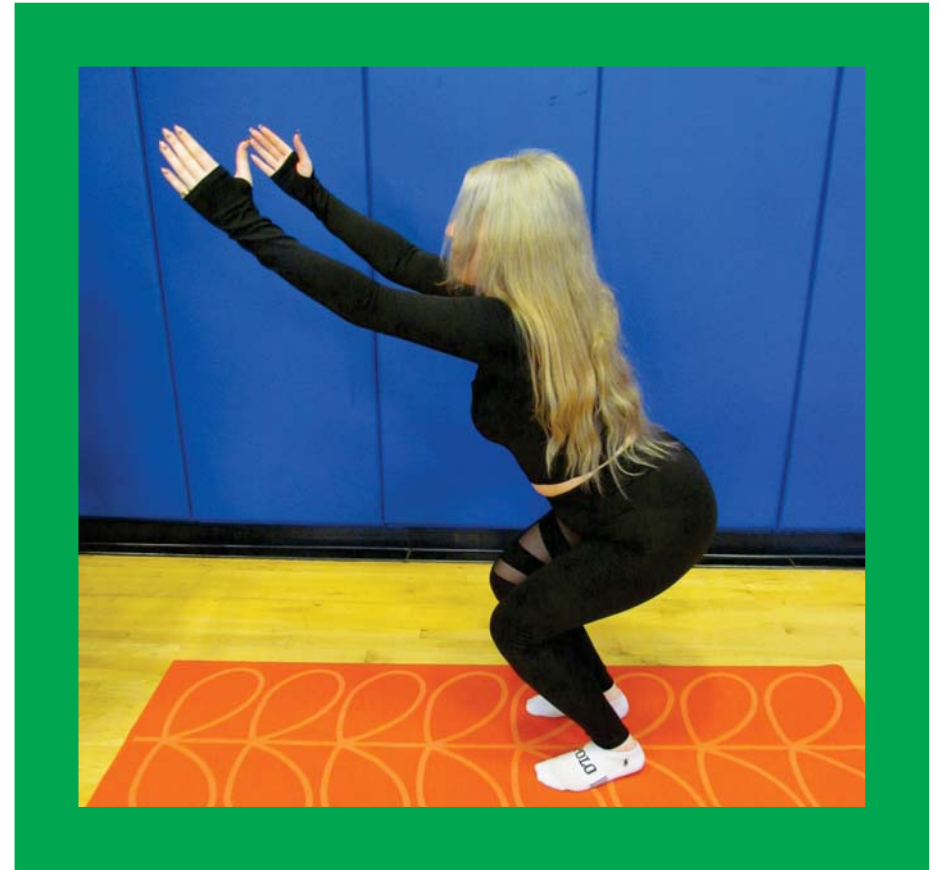
NOTES

4. CAT & COW POSE



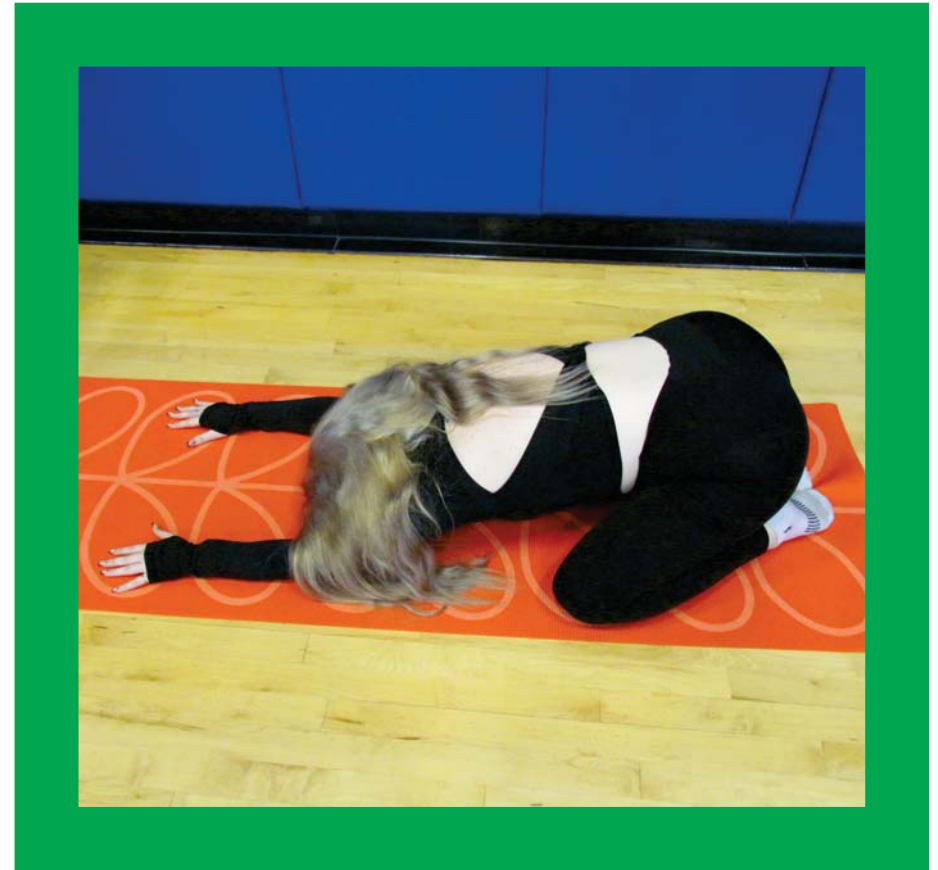
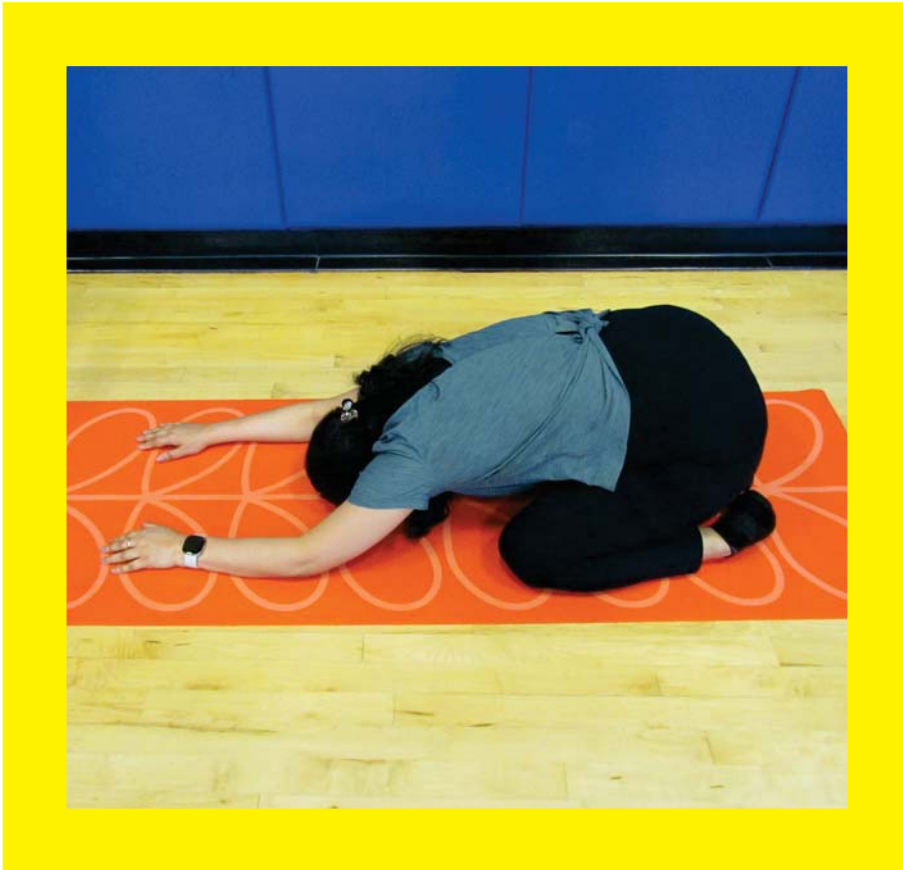
NOTES

5. CHAIR POSE



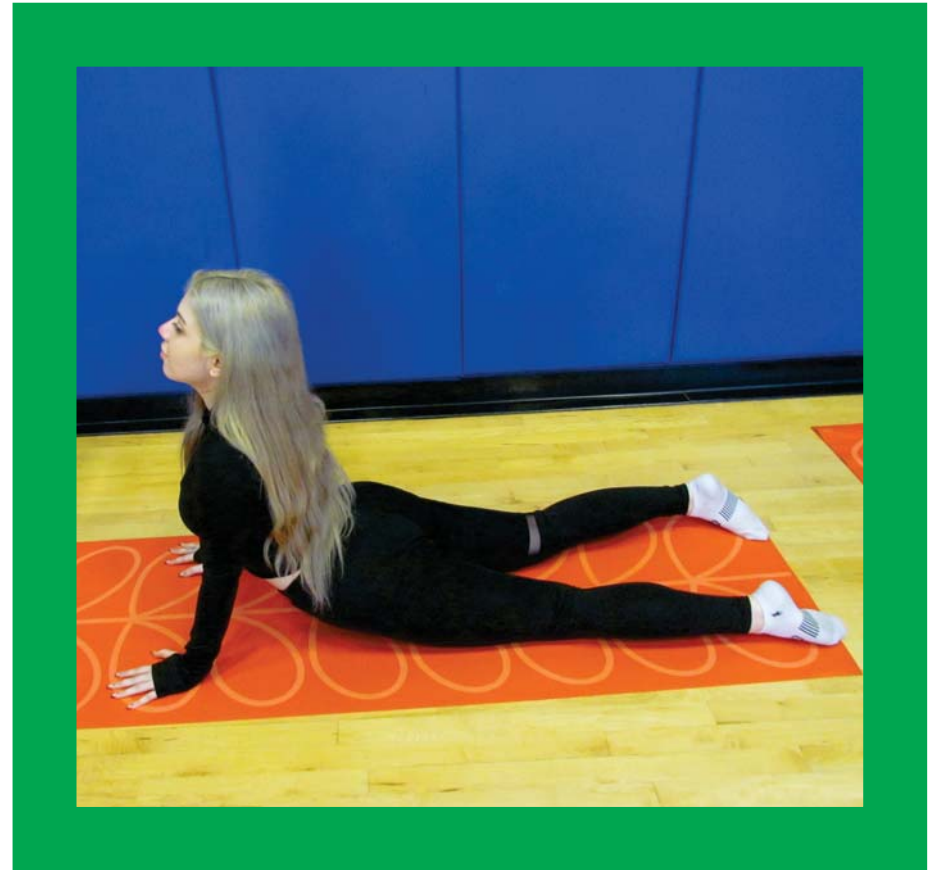
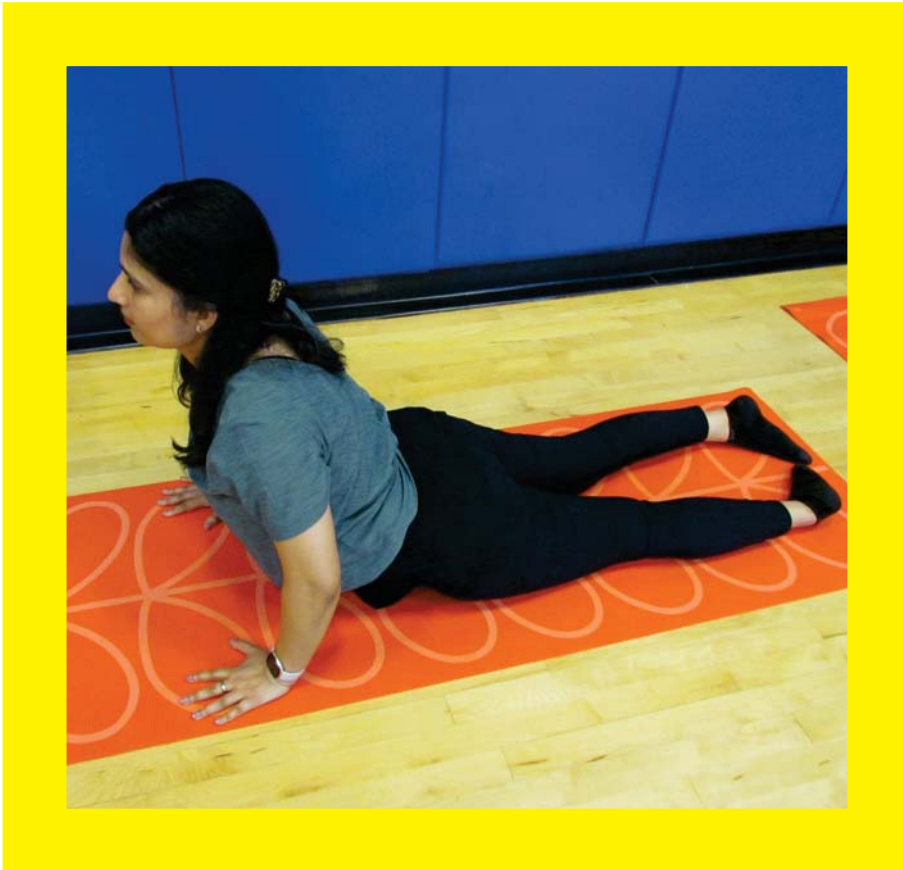
NOTES

6. CHILD POSE



NOTES

7. COBRA POSE



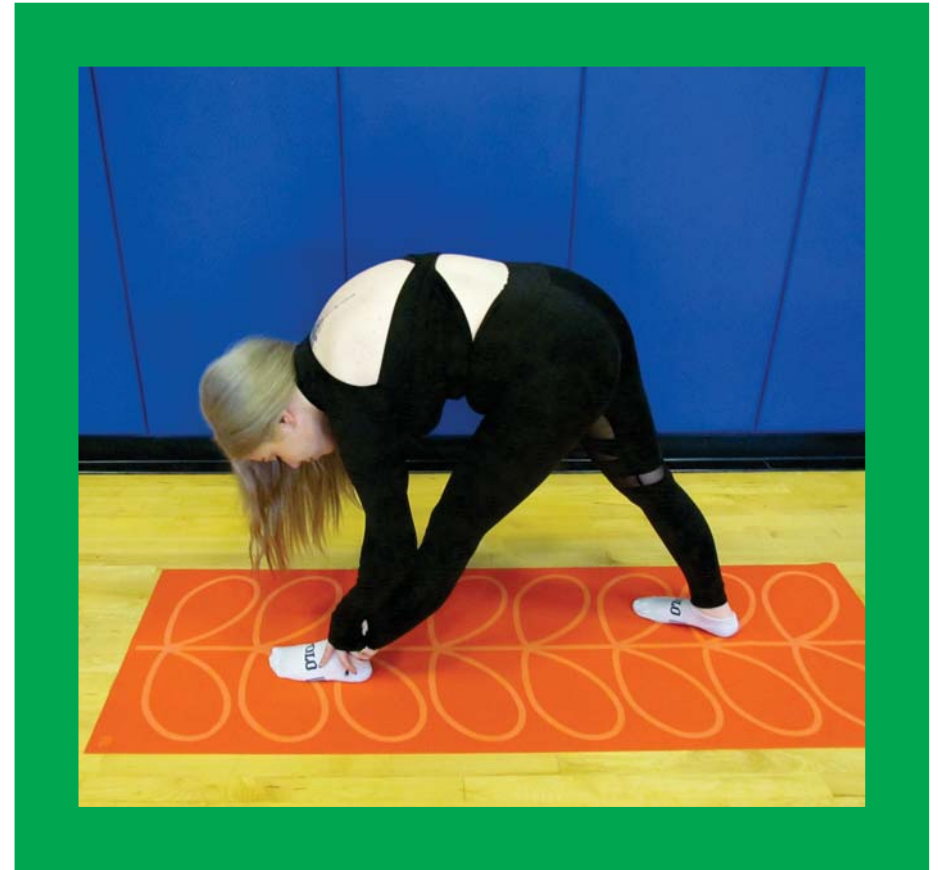
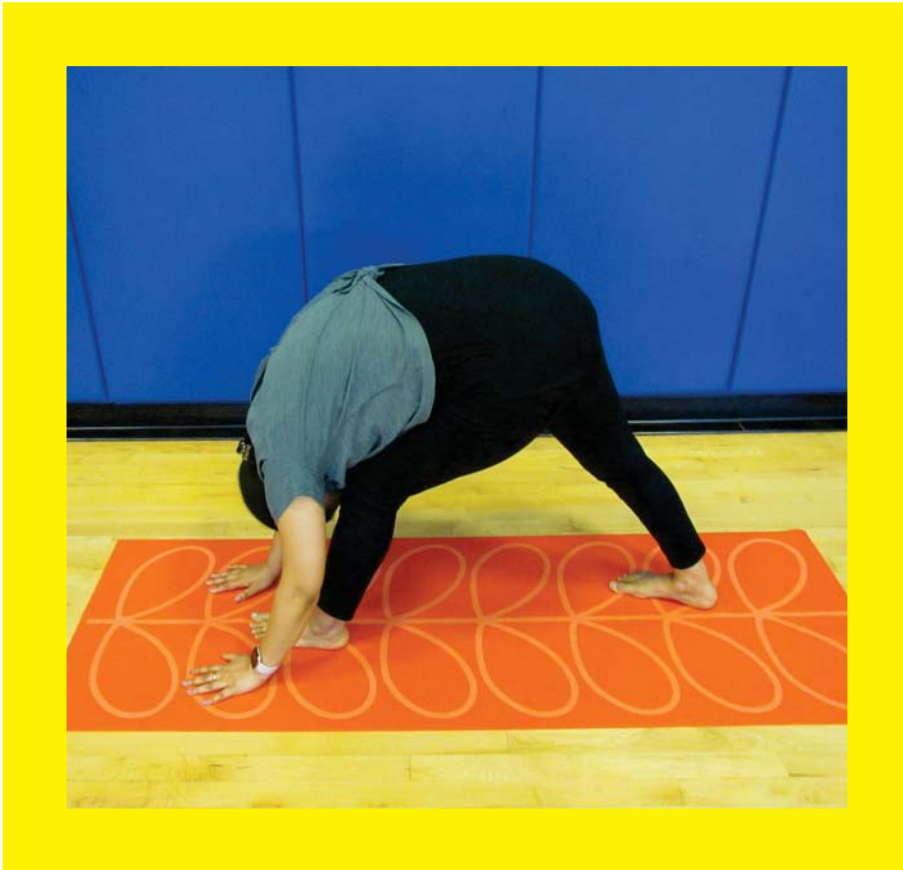
NOTES

8. DEAD POSE



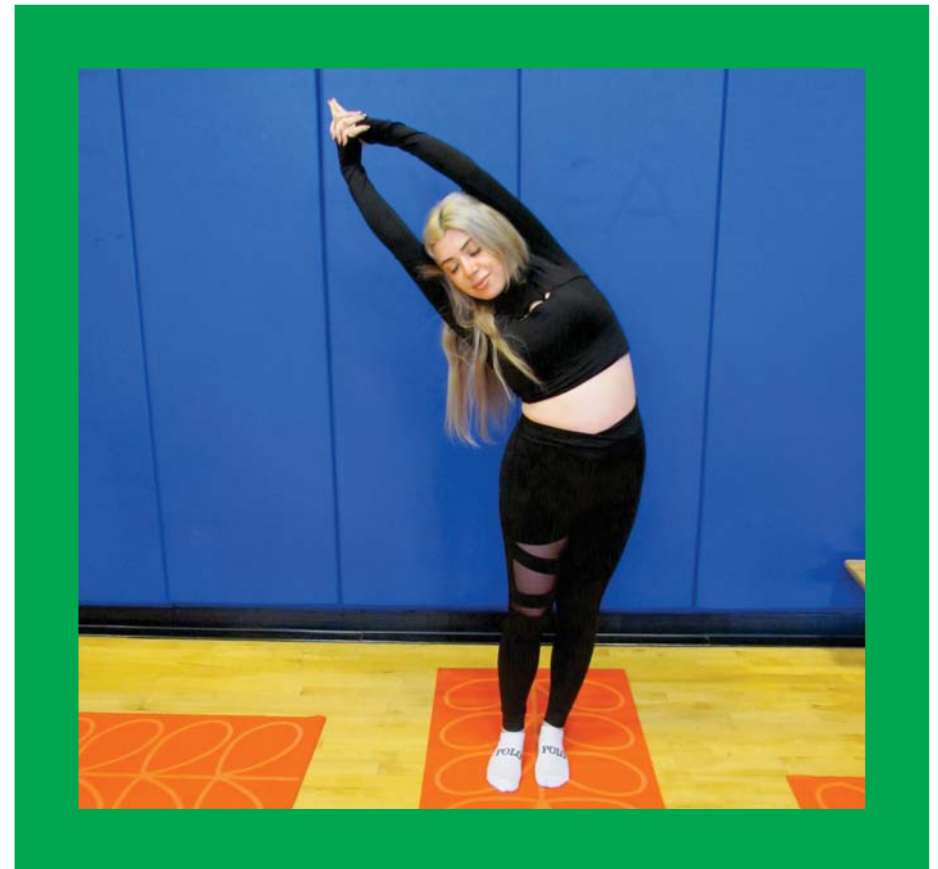
NOTES

9. PYRAMID POSE



NOTES

10. HALF MOON POSE



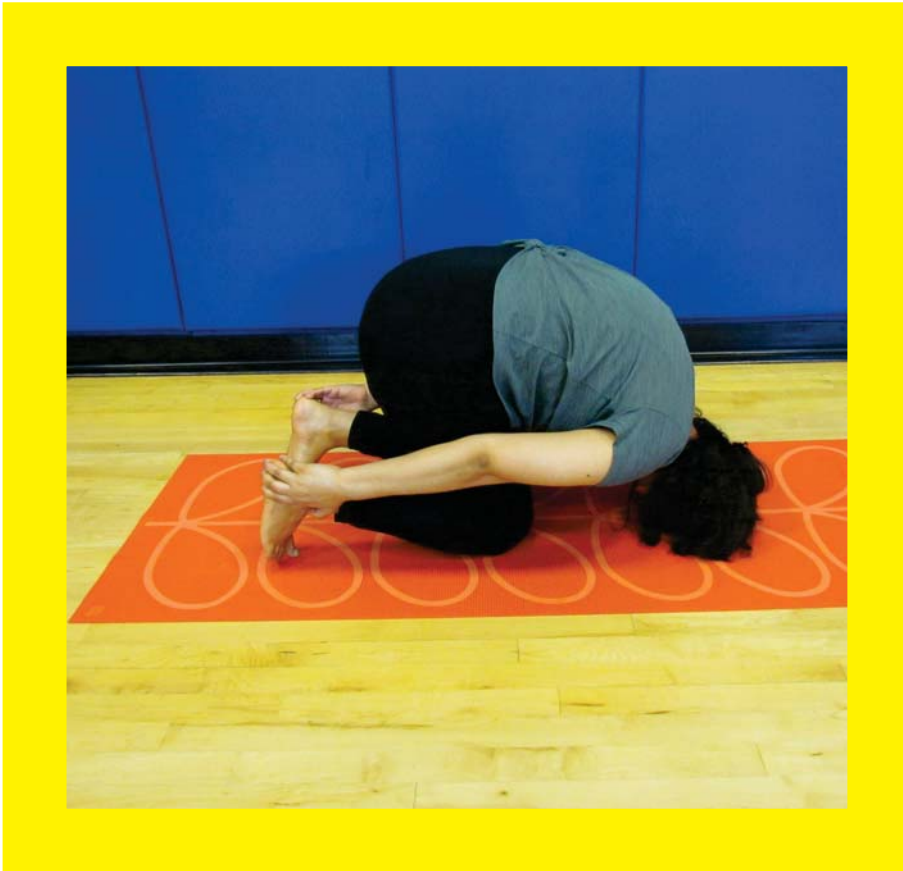
NOTES

11. HALF MOON VARIATION POSE



NOTES

12. RABBIT POSE



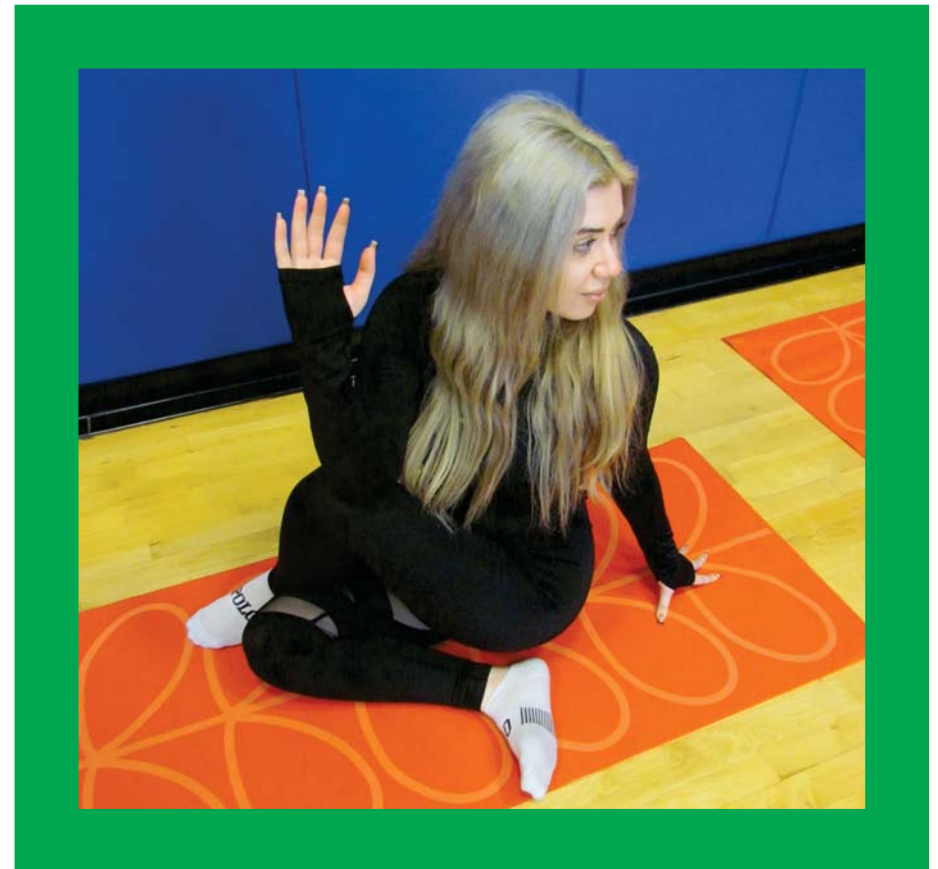
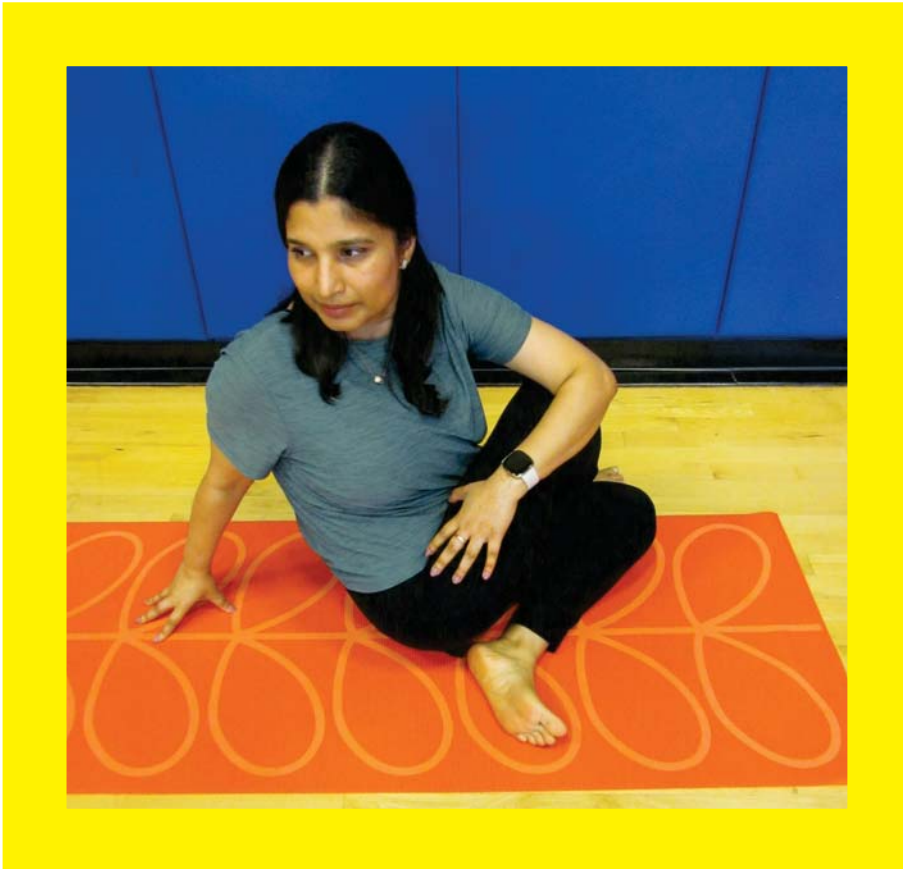
NOTES

13. RECLINING TWIST POSE



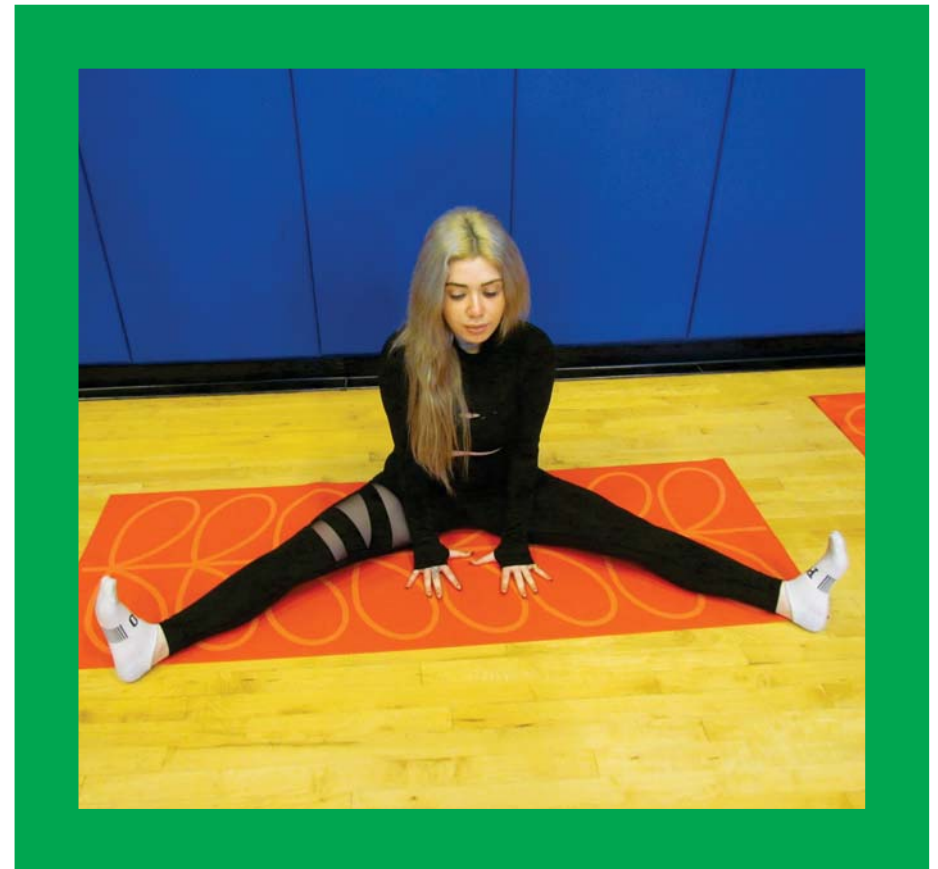
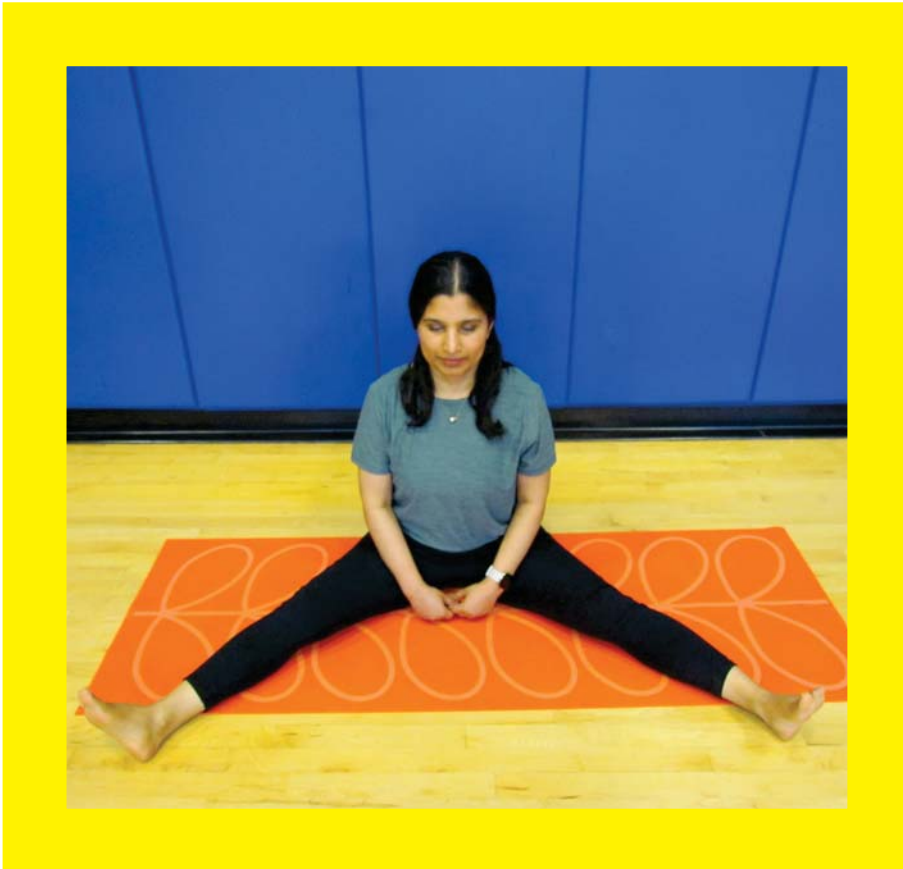
NOTES

14. SEATED SPINAL TWIST



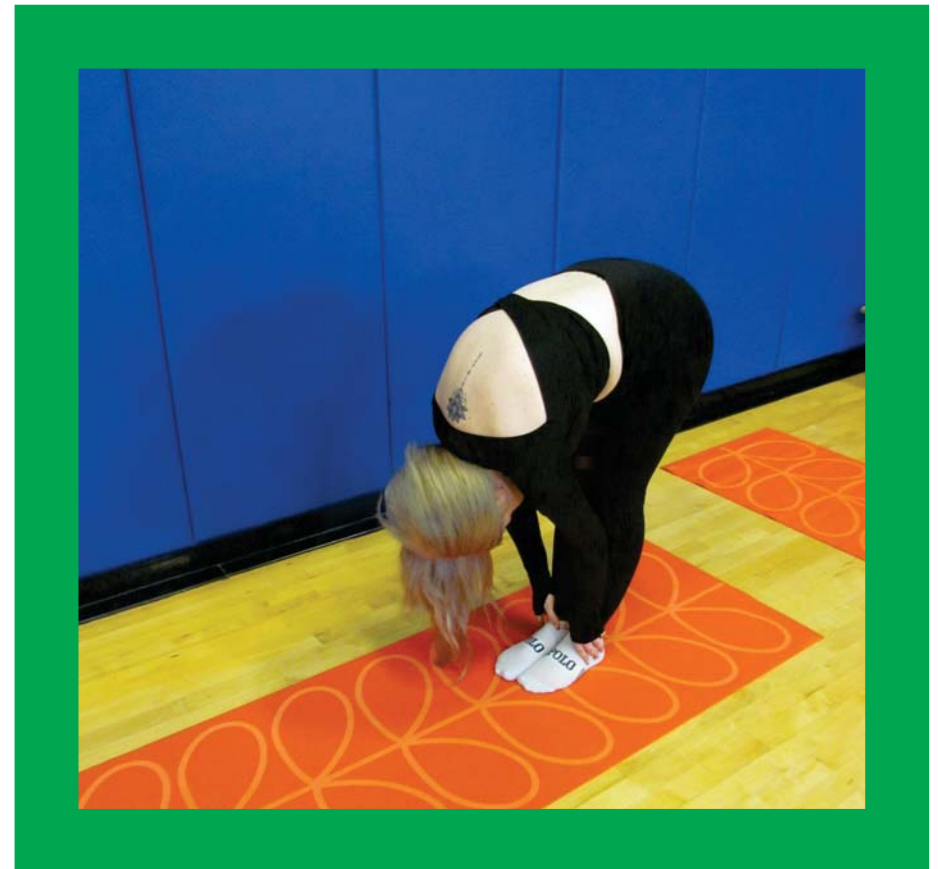
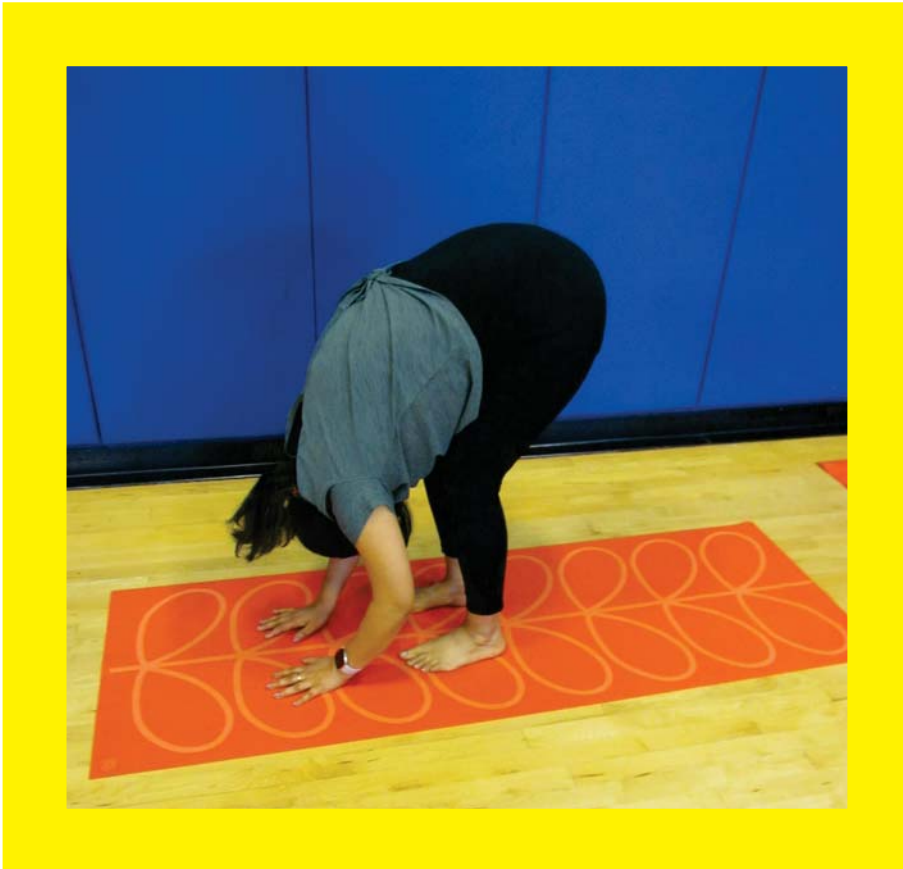
NOTES

15. SEATED WIDER LEG POSE



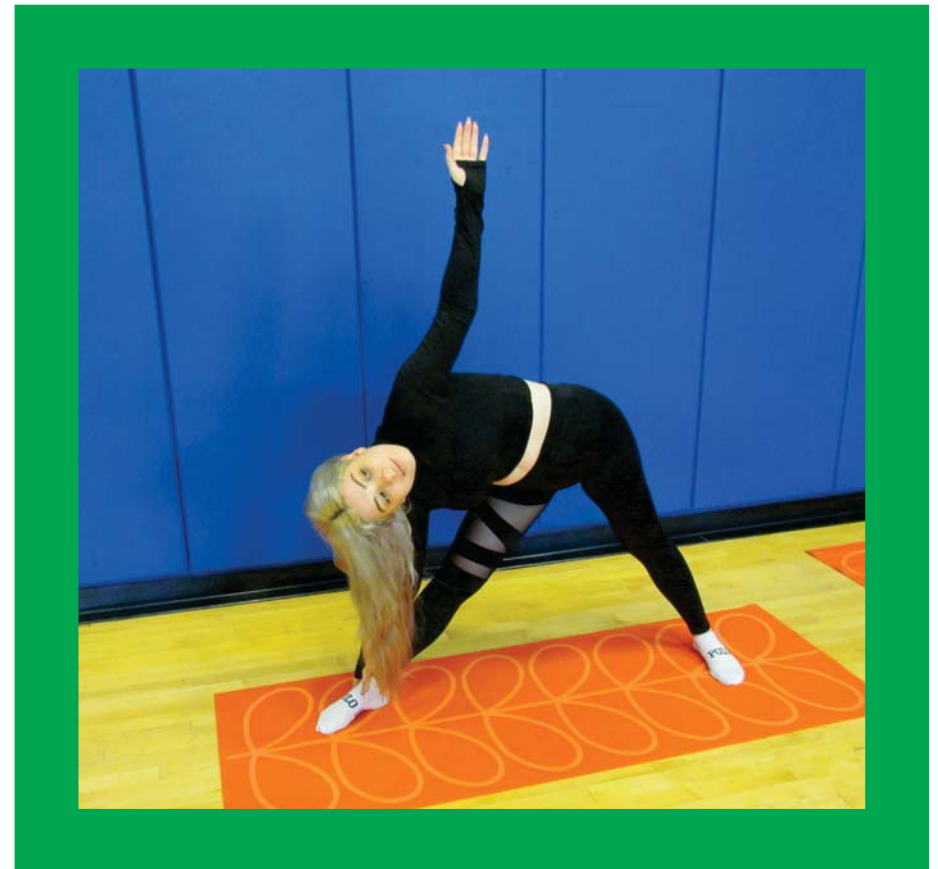
NOTES

16. STANDING FORWARD FOLDED SHARE



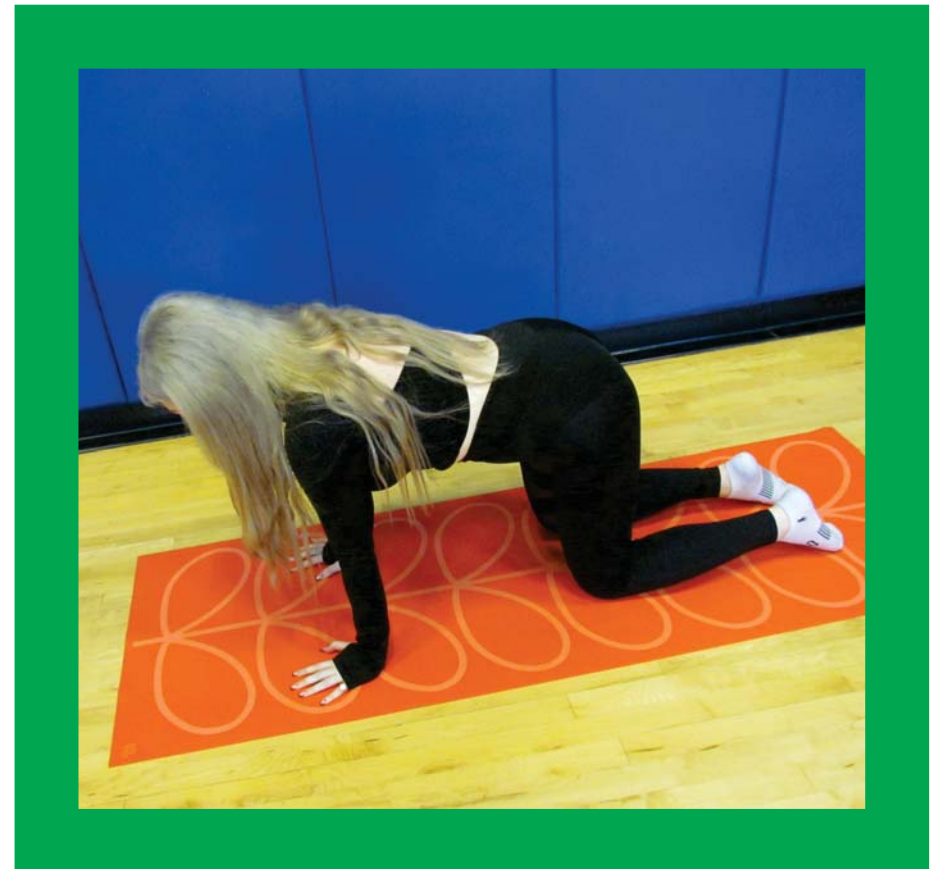
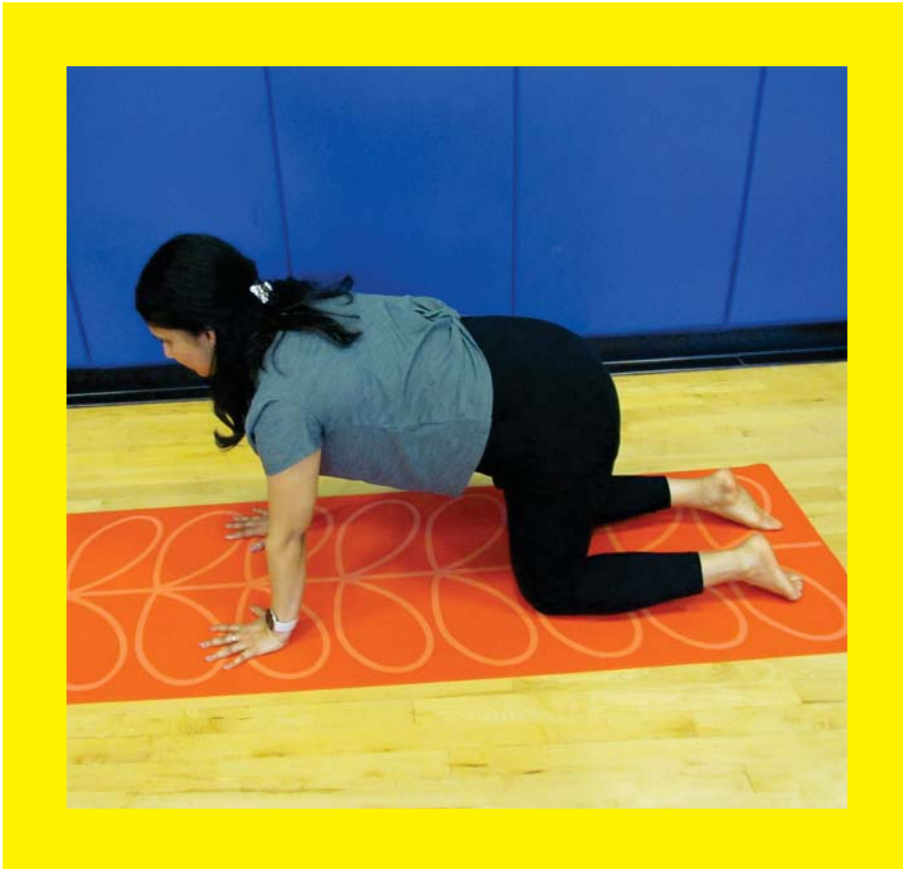
NOTES

17. TRIANGLE POSE



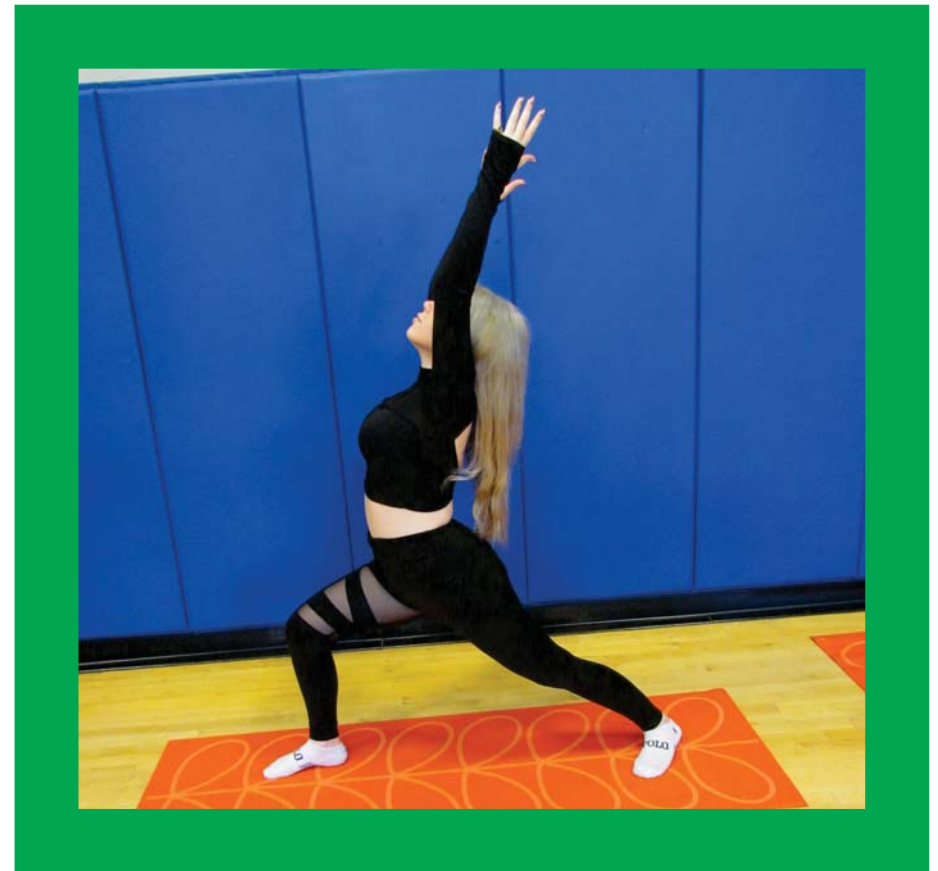
NOTES

18. TABLE TOP POSE



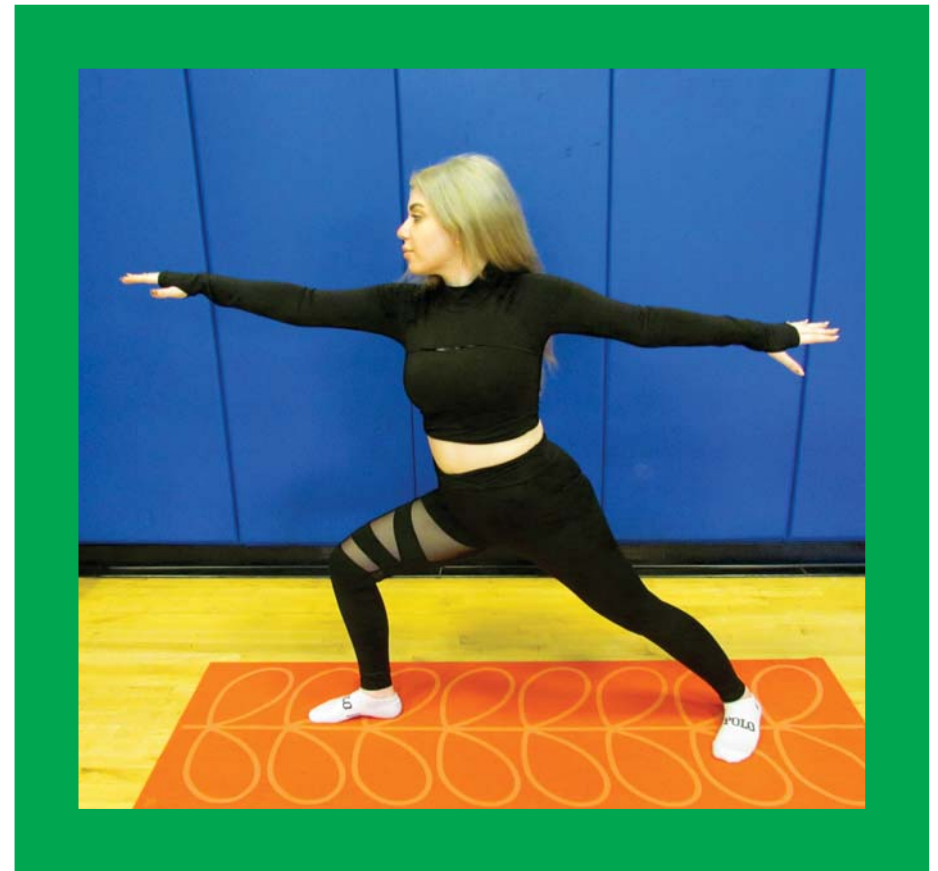
NOTES

19. WARRIOR I POSE



NOTES

20. WARRIOR II POSE



NOTES

Services Important Numbers

Police Fire Ambulance.....	911
City of Toronto Services & Programs.....	311
Community Information Toronto.....	211
Toronto Police Services (Div #23).....	416 808 2300
Toronto Police Services.....	416 808 2222
Crime Stoppers & Report a Crime.....	416 222 8477
Rexdale Women's Centre.....	416 745 0062