



# The best yoga poses to help you through the final stages of pregnancy

Congratulations, mummy! The journey of motherhood is reaching its most beautiful milestone — the moment of meeting the little one. The third trimester marks the preparation phase, when both body and mind begin to ready themselves for birth. It is a time to slow down, breathe deeper, and move mindfully.

As the baby grows, the body experiences pressure on internal organs, often leading to heartburn, lower back pain, swelling, and disturbed sleep. The hormone "relaxin" softens the joints, preparing the pelvis for delivery, while "progesterone" can cause fluid retention and dizziness.

Gentle yoga at this stage eases discomfort, supports circulation, and brings calm awareness to the birthing body.

Standing and restorative poses strengthen the lower body, maintain posture, and prepare the pelvis for labour. These safe, grounding postures can be practised slowly and consciously under the guidance of a prenatal yoga instructor.

Yoga poses for the third trimester (28 weeks to birth)

## Ankle Rotation and Stretch

Sit comfortably and bend one leg, placing the foot over the opposite knee. Rotate the foot slowly in a full circle, ten times in each direction. Repeat with the other foot. This simple movement relieves stiffness, improves blood circulation, and reduces swelling in the ankles and feet — common discomforts in late pregnancy. Stretching in and out will help prevent sudden calf-

muscle cramps at night.

## Baddha Konasana (Butterfly Pose)

Sit with the legs extended forward. Bend the knees and bring the soles of the feet together, keeping the heels close to the body. Hold the feet and gently move the knees up and down without force. This pose opens the hips, increases blood flow to the pelvic floor, and helps the body get used to the sensation of softening and opening — essential for labour preparation.

## Malasana (Garland Pose)

Stand with feet slightly wider than hip-width apart, toes pointing outward. Slowly lower into a squat, keeping the spine long and hands joined in prayer at the chest. Elbows gently press against the knees. Support, such as a cushion or small blocks, can also be used. Malasana opens the hips, strengthens the legs, and enhances flexibility in the lower back and pelvis. It promotes proper alignment for childbirth and can even be used during early labour for comfort.

## Utkata Konasana (Goddess Pose)

Stand with feet wide apart, toes turned outward. Bend the knees and lower the hips, keeping the spine straight. Rest the hands on the thighs or bring them to the prayer position. This powerful stance strengthens the thighs and pelvic floor while opening the hips. A gentle side-to-side sway can make the pose soothing — a movement that can also help during labour to manage contractions.



## Supported Savasana (Side Lying Relaxation Pose)

Lie on the left side, supporting the head with a pillow. Place another cushion between the knees and one under the belly for comfort. Close your eyes and breathe slowly. This restorative pose allows full relaxation, reduces back strain, and promotes better blood flow to the baby. It's ideal for calming the body before sleep or rest. Alternatively, Savasana can be practised on a reclining incline using bolsters or pillows behind the back, ensuring the chest and belly remain lifted and comfortable.

## Breathe and let go

In the final weeks, pranayama becomes

a powerful ally. Abdominal breathing is a simple yet powerful way to stay relaxed in late pregnancy and during labour.

Sit or lie comfortably, placing one hand on the belly. Inhale through the nose, allowing the abdomen to rise, and exhale gently through the mouth, letting it fall. Continue this calm rhythm for a few minutes. This breathing improves oxygen flow, relaxes the nervous system, and helps manage contractions for a smoother birthing experience.

The journey to birth is not just about endurance — it's about grace, grounding, and connection with life itself.

## Disclaimer:

*The information provided in this article is for general awareness only and should not be considered medical advice. Prenatal yoga practices must be performed under the supervision of a certified instructor and with approval from a healthcare provider. Each pregnancy is unique, and modifications may be required to ensure comfort and safety.*

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