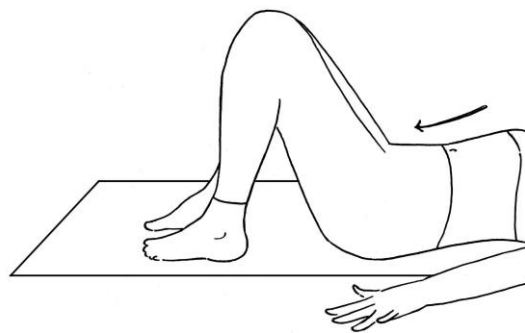


DIASTASIS RECTI

Presented by Nadine O'Mara, Bliss Baby Yoga Director & Lead Teacher
Trainer

- Diastasis Recti is a thinning / separation of the Linea Alba, the connective tissue joining the Rectus Abdominis muscles, resulting in a separation of the muscles.
- Many women will have some degree of separation at 6 weeks postpartum from 2-10 finger widths.
- **Contraindicated:** front loading such as Plank Pose or Boat Pose and care taken with transitions between poses, avoid strong Pranayama such as Kapalaphati or Bhastrika .
- **Favour:** gentle application of Uddiyana and Mula Bandhas, not locking knees, alignment of ankle, knees and hips; awareness of alignment in Tadasana; Full Yogic Breath, body awareness on and off the mat, anterior/posterior pelvic tilts, Ana's Abdominal Awareness Postnatal Practice (part of this course).



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