

KEY MILESTONES OF POSTNATAL RECOVERY

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

- **Postpartum & the 4th Trimester** - the first 6 weeks post birth is known as postpartum, the “lying in” period or the 4th trimester. Rest & nutrition are key. Restorative Yoga, Yoga Nidra and Pranayama practices are helpful at this time.
- **Physiological Elements of Recovery** - Involution of uterus and lochia (bleeding) for up to 6 weeks after birth; softness of the joints, ligaments and belly; pelvic floor muscles weak, absence of periods.
- **Psychological Elements of Recovery** - sleep deprivation can cause vulnerability, body image issues, postnatal depression may be present, getting to yoga class without baby is a milestone in itself; birth trauma may be evident.
- **Recovery from C-Section** - movement in first 4 weeks post this deep abdominal surgery can be hampered, wait until wound healed completely to begin yoga (8 weeks).
- **Supporting Breastfeeding** - upper back and neck likely to be tight due to constantly rounding over baby; challenges of breastfeeding; yoga offers the chance to “mother the mother”.



- **Postnatal Students after Birth Loss** - a small number of postnatal students may have lost their baby (via still birth/termination/miscarriage etc) and hence be carrying significant trauma. Offer sensitivity & acknowledgement, don't be afraid to refer for further support.
- **Benefits of Yoga Postnatally** - Positive connection with one's body; builds strength in areas that have weakened during pregnancy & birth; a stronger body is then more able to lift babies; supports the Nervous System and hence breastmilk supply; encourages deep rest; Pranayama can be a beneficial tool to calm motherbaby.

Further Reading

[The Fourth Trimester](#)

[The Benefits of Yoga Nidra for Pregnancy and Early Motherhood](#)

[Body Love: Cultivating a Healthy Body Image Postpartum](#)

[Dr Lauren Tober discusses Postnatal Depression](#)

[Healing the Wound: How can we best support mothers after Cesarean](#)

[3 Keys to Postpartum Pelvic Floor Recovery](#)



