



# 7 Postnatal Yoga Poses for New Moms

As a new mom do you know what Yoga Poses are safe and which ones are dangerous Mais Talie, London's Top Postnatal Yoga Trainer Explains to you the 7 best Postnatal Yoga Poses



**Savasana**



**Bridge Pose with Towel**



**Root Lock Pose**



**Balasana (Child pose)**



**Rabbit Pose**



**Tadasana**



**Leg-Drain Pose**

**By- Mais Talie, the Best Yoga  
Teacher in London**

**Call: 020 3633 2299**

