

## **Mama Moves**

### **Rubbing my Belly** *Rub your belly. Sing to your baby*

Hello my baby in my belly. I am your mommy

I'm rubbing my tummy and singing, too

I want you to know I already love you!

*Relax. Rub your belly in a circular motion. Breathe and think about your love going from your hand, into your tummy, to your baby.*

### **Lying on the Floor**

I'm lying on the floor

Above my head I stretch my arms out straight

I can feel each muscle in my body

For the calming of my breath, I wait

*Lie there and feel the music enter your body. Feel each muscle relaxing and enjoying the sounds. Keep breathing, in and out.*

I'm mindful of the stretch I feel. Each deep breath nourishes my body

I feel my back muscles preparing for the birth of my baby

Bring my arms back to my side

Take a deep breath; then, one more

I'm so relaxed and calm

I love the stretch lying on the floor

### **Shake a Leg**

I've got to get moving for myself and my baby's sake

One way to do that is to take my legs and shake. Right leg first.

Shake a leg. Feel that circulation flow.

Shake a leg. Oxygen for the baby to grow. Switch to the left leg

Shake a leg. Shake it near the floor. Shake a leg. Shake it just a little more

I've got to keep moving for myself and my baby's sake

Every day now, I remember to shake. Shake a leg!

### **Brain Gym Hook Ups** *Can be done lying down or standing*

Let's do some brain gym hookups. Stand up straight and center yourself.

Put your right foot over your left foot. Put both arms straight out and cross your right arm over your left. Turn them so your palms face each other with the thumbs pointing down. Clasp your hands. Pull your arms down toward your body and then upward toward your chin, against your chest. If you want to close your eyes, go ahead. We are going to do a series of 4 breaths. When holding your breath, move your tongue against the roof of your mouth. Take a deep breath in through your nose. Hold it while I count to 8. 1, 2, 3, 4, 5, 6, 7, 8. Breathe out your mouth as long as you can, until there is no breath left. Relax.

(4x) Let your body feel the comfort and open your eyes when you are ready. Unhook your arms and legs. Take a moment and enjoy. Ah!

**Breathing** *Lay on your back with your hands on your belly*

I close my eyes. Relax my mind

A peaceful place I will find

Take a deep breath in through my nose

Relax as out my mouth it goes

Breath in. Breath out. In my nose. Out my mouth.

Breathing is good for me. And for my unborn baby.

*Lay on your back and relax. Focus on the baby in your belly and bring your air in and out nourishing your baby with your air. Breath in and out.*

Breath in. Breath out. In my nose. Out my mouth.

Breathing is good for me. And for my unborn baby.

### **Yoga Pose**

It's time to get into a yoga pose (Time for a yoga pose)

Yoga helps as my baby grows. (Time for a yoga pose)

Let's try the Cat and Cow

*Begin with hands and feet on the floor, your back straight, like a table top, with your wrists directly beneath your shoulders and knees beneath your hips. Inhale and arch your back, reaching your tailbone to the sky and your chest forward, looking upward. This is the cow. Now we're going to switch. Exhale to round your spine, your mid back arching upward and your head bending down. This is the cat. Feel that stretch. Relax and stand up*

It's time to get into a yoga pose (Time for a yoga pose)

Yoga helps as my baby grows (Time for a yoga pose)

Let's try the Triangle

*Stand with your feet apart in a comfortable stride where you feel balanced, arms by your side, palms facing inward,. Breathe in and raise your arms to shoulder level. Breath out palms facing downward. Take a deep breath in. Turn your right foot out and your left foot slightly in. Stay balanced. Exhale slowly and bend at the waist to your right side bringing your right hand down to your right ankle, without bending your knees. Place your palm on the outside of your right leg without straining. Lift your left arm up in line with your lowered right arm. Keep both your arms and legs straight. Breath normally. Breath in. Rise slowly to a standing position with your arms outstretched. Exhale slowly. Return to your starting position and repeat on the other side.*

*Turn your left foot out and your right foot slightly. Stay balanced. Take a deep breath in. Exhale slowly and bend at the waist to your left side bringing your left hand down to your left ankle, without bending your knees. Place your palm on the outside of your left leg without straining. Lift your right arm up in line with your lowered left arm. Keep both your arms and legs straight. Breath normally. Breath in. Rise slowly to a standing position with your arms outstretched. Exhale slowly. Return to your starting position*

It feels good to do a yoga pose (Yoga pose)

Yoga helps as my baby grows (Yoga pose) Yoga pose

### **Baby Belly Dance**

With your hands on your belly, step from side to side  
This is my baby belly dance. I do it when I get a chance  
Two steps to the left. Two steps to the right. (2x)  
With my baby safe inside, I take my baby for a ride.  
Two steps to the left. Two steps to the right. (2x)  
Right foot forward and back. 1, 2, 1, 2, 3. 1, 2. 1, 2, 3  
Left foot forward and back. 1, 2. 1, 2, 3 (2x)  
Stop. Now, kick it out! Kick left. Kick right. Kick left. Kick right.  
Put your arm up and turn yourself around. It's time to start winding down.  
Now walk in place and keep a good pace  
Feel the beat of your heart. Take it back to the start  
This is my baby belly dance. I do it when I get a chance. (2x)

### **Mama Moves to the Music**

Ma Mama. Mama moves. Ma Mama. Mama moves.  
Mama moves to the music 'cause it feels so good  
Mama moves to the music and she knows she should  
Ma Mama. Mama moves. Ma Mama. Mama moves  
Pick your right leg up slightly. Point your toe down  
Rotate your ankle. Move it round and round. Round and round. Now switch it up  
Pick your left foot up slightly. Point your toe down  
Rotate your ankle. Move it round and round. Round and round. Now Mama move  
Stand with arms by your side and your feet on the floor  
Move your shoulders up and around. Move forward. Do four. Now switch it up  
Stand with arms by your side and your feet on the floor  
Move your shoulders up and around. Move backward. Do four. Now Mama Move  
You know you want to break it out. You know you want to dance  
Make use of those moves. Here is your chance.  
Ma mama. Mama moves (hands up) Ma mama. Mama moves (Clap your hands)  
Mama moves to the music 'cause it feels so good  
Mama moves to the music and she knows she should  
Ma Mama. Mama moves. Ma Mama. Mama moves

### **Let's Thigh Shift** Feel that? Let's thigh shift

Put your right foot in front of your left foot. Toes pointed out the same way  
Lean forward and bend your right knee. Shift your weight to that thigh and stay  
Breath in. Breath out. Breath in. Breath out. Stand back up.  
Put your left foot in front of your right foot. Toes pointed the same way  
Lean forward and bend your left knee. Shift your weight to that thigh and stay  
Breath in. Breath out. Breath in. Breath out. Stand back up.  
Relax your arms and shake those legs. Your baby needs your body to be strong  
Let's do some more thigh shifts while we groove to this song.

### **Swim in Space**

There's no water and I want to swim. I'll swim in space  
Moving my arms right then left, I keep a good pace  
I swim, swim, swim. I swim in space.  
I put my right arm up, twist my body left  
I reach out and bend  
Put my left arm up, twist my body right  
I reach and bend again  
I swim, swim, swim. I swim in space  
Arm up. Twist. Reach and bend. Then the other way  
Arm up. Twist. Reach and bend. Swimming in space today

### **Feeling Peace** *Sh! Feel peace*

I sit here and rest. My hands on my tummy I place  
I breathe in deeply as I imagine your face  
I slowly exhale. I feel you safe in me  
Breathing in; breathing out. Feeling peace for my baby

### **Just Sitting** *Sit down on the floor*

I'm just sitting on the floor  
My soles together, my back straight  
I'll take a moment for myself  
That always feels great.  
I can feel the stretch  
As I lean forward gently  
I stay there for a count of five  
Sit back up slowly

### **Mama Moves Titles**

1. Rubbing My Belly (Rock-a-bye Baby)
2. Lying on the Floor (Chopin)
3. Shake a Leg
4. Brain Gym Hook Ups
5. Breathing (Brahms)
6. Yoga Pose
7. Baby Belly Dance
8. Mama Moves
9. Let's Thigh Shift
10. Swim in Space
11. Feeling Peace
12. Just Sitting (Dvorak)