

COMBATING POSTPARTUM DEPRESSION

WITH YOGA & MEDITATION



EFFECTIVE YOGA POSES



SUN SALUTATIONS



CHILD POSE



COBRA POSE



FORWARD BEND



BACKWARD BEND

YOGA MUDRAS



CHIN MUDRA



CHINMAYA MUDRA



ADI MUDRA

MINDFULNESS PRACTICES

- Choose a calm place and set a time for meditation.
- Increase your awareness of your surroundings.
- Practice deep mindful breathing.



THINGS TO REMEMBER

- Start practicing yoga poses after your body has recovered from childbirth.
- Consult a doctor to know what's best for you.
- Never stop medications abruptly.



References:

1. The Efficacy of Yoga as a Form of Treatment for Depression; National Library of Medicine
2. The effectiveness of mindfulness training on reducing the symptoms of postpartum depression; National Library of Medicine
3. Yoga and postpartum depression: a guide for moms and dads; The Art of Living
4. How to practice mindfulness; Mindful Communications