



Welcome Mama,

This Postnatal Support Bundle has been created to guide you as you reconnect with your body after birth and step into motherhood – whether you're newly postpartum or further along in your recovery.

Inside you'll find gentle practices, supportive guidance, and optional reading to help you rebuild strength, restore core and pelvic floor health, and care for yourself as you care for your baby.

There's no rush and no pressure. Return to this guide whenever it feels supportive.

**With love,
Sarah**

Yoga Loving Mama



HOW TO USE YOUR GUIDE

This guide is yours to keep.

- ✦ **Download and save it to your phone, tablet, or computer**
- ✦ **Tap the buttons to watch the yoga practices or listen to the breathwork anytime**
- ✦ **Print any pages you'd like to keep nearby or use for preparation**

Once saved, you can return to this guide whenever you need — no need to search emails or log in again. Everything is in one place and easy to access!

YOUR RESOURCES



Your Resources

Inside this guide you'll find supportive practices and tools to guide you through postnatal recovery and early motherhood.

Gentle Postnatal Yoga Practice

 [Watch the video](#)

Relaxation Meditation

 [Listen to the audio](#)

Pelvic Floor and Core Rehab

 [Download printouts](#)

Life After Birth (6 Weeks+)

These pages offer a gentle overview of postnatal recovery beyond the early weeks. They are optional and here for support, understanding and reassurance.

🌸 **Postnatal Recovery Is Ongoing**

While **six** weeks is often seen as a milestone, postnatal recovery continues **well beyond** this point. You may still be noticing:

Ongoing physical healing

Changes in strength, posture, and balance

Emotional shifts and identity changes

Fatigue or fluctuating energy levels

This is all part of the longer recovery journey – not a sign that something is wrong.

🌿 **Different Birth Experiences, Different Healing**

Every birth leaves its own imprint on the body. You may be recovering from:

Perineal tearing or episiotomy – healing can continue for many months

C-section birth – abdominal layers and connective tissue need more time to heal and gentle support

Instrumental or long labours – which can affect pelvic floor and core strength

Gentle, progressive movement and breath-led awareness can support healing, whatever your birth experience.

🧘 **Breath, Core & Organ Support**

Pregnancy and birth create significant changes within the body. After birth:

The diaphragm, pelvic floor, and abdominal muscles begin to reconnect

Organs gradually shift back into position

Posture adapts to feeding, carrying, and caring for your baby

Breathwork can help:

Support core and pelvic floor recovery

Reduce tension in the shoulders, neck, and jaw

Calm the nervous system

Create space and ease within the body

Hormones & the Long View

Hormonal changes don't end after the early weeks.

You may notice ongoing shifts for up to two years postpartum, especially if:

You are breastfeeding

Sleep is disrupted

You are navigating stress or big life changes

Mood changes, sensitivity, and emotional waves can be part of this longer adjustment.

Support, rest, and gentle movement all play a role in feeling more balanced over time.



Gentle Movement Timeline (6 Weeks+)

Healing continues at your own pace

6-12 Weeks

Gentle postnatal yoga
Breath-led core and pelvic floor work
Walking and light stretching
Rebuilding awareness and confidence

3-6 Months

Gradual strengthening
Improving stability and posture
Supporting the body for lifting and carrying

6-12 Months & Beyond

Ongoing strength and mobility
Supporting your body for motherhood, daily life, and
future pregnancies

Continuing to move with care and intention
Always follow your healthcare provider's guidance
and listen to your body.





About Sarah

About Your Instructor

I'm Sarah, a prenatal and postnatal yoga teacher and the founder of Yoga Loving Mama. I created this guide to support women beyond the early postnatal weeks – recognising that recovery, healing, and motherhood unfold over time.

These resources are here to support you beyond class and beyond the mat, as you rebuild strength and confidence in your body.