



Yoga for Pregnancy Guidelines

Applying these guidelines to your yoga practice and in your day-to-day life will help you to get the most benefit from your journey into motherhood.

ॐ Allow at least one hour after eating before practicing yoga. Stay well hydrated.

ॐ The body produces large amounts of a hormone (aptly) called *Relaxin* during pregnancy. It has a softening and loosening effect on your ligaments, so it is more important than ever not to overstretch when practicing yoga.

ॐ If you have any medical problems or experience any complications it is advisable to consult with a medical professional (your Doctor or Midwife) before commencing/continuing your practice and always discuss these with your yoga teacher.

ॐ Avoid sudden movements such as jumping and twisting, strong back bends and strong abdominal work such as sit-ups. Do not lie prone (on your tummy).

ॐ If at any time you feel dizzy or the breath becomes laboured, back off a little and rest, come into a yoga resting pose and breathe deeply.

ॐ Let your breath be your guide and listen to your body. This is the time to be intuitive and acknowledge what is right for you. Tune into your needs and what is right for you in each and every moment.

ॐ Take this opportunity to nurture your mind, body and spirit and connect with your un-born baby.

ॐ There is no rush, be comfortable in every asana. Enjoy the class, remind yourself this is your time.

And remember...

Pregnancy is the privilege of a woman. Feel beautiful and enjoy it!