

## Pregnancy Yoga For Trimesters 1, 2 And 3





Image	Pose	Description
	Chest Breath	<p>Stand in Mountain. Inhale deeply and raise arms out to sides and up. Exhale slowly and bring arms back to sides. Raise and lower head as you inhale and exhale.</p> <p><b>Benefits:</b> Raises rib cage and eases breathing as uterus grows.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/LRqj2ceKyzM">https://www.youtube.com/embed/LRqj2ceKyzM</a></p>
	Easy Arms Up	<p>Sit with legs extended. Place hands on floor beside hips. Palms down. Fingers point forward. Cross legs. Lower knees as far as is comfortable. Stretch spine up. Rest palms on knees. Raise arms over head.</p> <p><b>Benefits:</b> Flexibility in hips, spine. Improves posture. Good for trimester 1, 2 &amp; 3.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/n4ntAZN0KUo">https://www.youtube.com/embed/n4ntAZN0KUo</a></p> <p><b>Modifications:</b> Pillow under buttocks to raise hips.</p>
	Ankle Crank	<p>Bend right leg up and place foot overhanging left knee. Hold right toes with left hand. Steady right ankle with right hand. Crank right ankle around in a large circle. Perform 10 rotations in each direction for each ankle.</p> <p><b>Benefits:</b> Stimulates circulation in feet.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Kqdvw5lwodo?rel=0">https://www.youtube.com/embed/Kqdvw5lwodo?rel=0</a></p>
	Butterfly II	<p>T1, 2, 3. Sit with legs outstretched. Bend knees. Bring soles of feet together. Keep heels close to body. Fully relax inner thighs. Clasp feet with both hands. Gently bounce knees up and down. Use elbows as levers to press legs down.</p> <p><b>Benefits:</b> Removes tiredness from legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/rp0eMkuc01g">https://www.youtube.com/embed/rp0eMkuc01g</a></p> <p><b>Modifications:</b> Sit on blanket to raise hips.</p>





Image	Pose	Description
	Seated Wide Leg Arm Raises	<p>T1, 2, 3. Sit with legs wide apart. Raise arms up. Bend forward as far as you can.</p> <p><b>Benefits:</b> Open hips &amp; pelvis for childbirth.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/F3FX0wbzYY8">https://www.youtube.com/embed/F3FX0wbzYY8</a></p>
	Butterfly IV	<p>T1, 2. Sit with legs outstretched. Bend right leg and place right foot as far up left thigh as possible. Place right hand on top of bent right knee. Raise left arm. Look up at hand. Repeat with left leg.</p> <p><b>Benefits:</b> Loosens hip and knee joints enabling faster delivery.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/rp0eMkuc01g">https://www.youtube.com/embed/rp0eMkuc01g</a></p> <p><b>Modifications:</b> Sit on blanket to raise hips.</p>
	Churning The Mill	<p>Sit with legs wide and straight. Raise arms to shoulder height. Bring arms forward to interlace fingers - taking hold of handle of mill stones.-Take a breath in and bring the body forward.-As you breathe out take arms around clockwise and lean back.-Keep arms straight throughout-As you breathe in, complete the circle.-Rest then repeat in the other direction.-</p> <p><b>Benefits:</b> Tones nerves of pelvis. Excellent post natal exercise. Good for trimester I.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/-ApwV8tnt0k">https://www.youtube.com/embed/-ApwV8tnt0k</a></p> <p><b>Precautions :</b> Don't practice during 2nd or 3rd Trimester. Only go back as far as is comfortable.</p>
	Cat	<p>T1, 2. Come onto all fours. Exhale while lowering head and stretching spine upward.</p> <p><b>Benefits:</b> Improves flexibility of neck, shoulders, spine. Tones reproductive system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/LympZqVz14s">https://www.youtube.com/embed/LympZqVz14s</a></p> <p><b>Precautions :</b> Only practice during first 6 months of pregnancy.</p>






Image	Pose	Description
	Cow Leg To Side	<p>T1, 2 &amp; 3. Come onto hands and knees. Step right foot out to right. Inhale and as you exhale push through the heel and move hips to the right. Inhale back to centre. Bring right foot behind you and stretch through heel. Repeat on other leg.</p> <p><b>Benefits:</b> Lower back stretch. Helps concentration.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/aSppgKiF0qo">https://www.youtube.com/embed/aSppgKiF0qo</a></p>
	Cow Leg Arm Raises	<p>T1, 2 &amp; 3. Start in neutral position with wrists under shoulders &amp; arms shoulder width. Raise right arm and left leg. Raise left arm and right leg. Keep head in line with torso. Sit on heels between sets.</p> <p><b>Benefits:</b> Lower back stretch. Helps concentration.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/x25sDulp0ZY">https://www.youtube.com/embed/x25sDulp0ZY</a></p>
	Plank	<p>T 1, 2. From kneeling, place arms directly under shoulders. Lower into plank. Engage core. Draw belly button towards spine.</p> <p><b>Benefits:</b> Strengthens arms, wrists, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/oU3PW17IOg">https://www.youtube.com/embed/oU3PW17IOg</a></p> <p><b>Precautions :</b> Carpal tunnel syndrome.</p>
	Runner	<p>T 1,2,3. Bring hands to one side of mat. Step foot forward and drop hands to floor. Feel stretch in back leg. Breathe into belly. Feel hips relax. Straighten front leg as you lean back. Move back and forth. Repeat on other leg.</p> <p><b>Benefits:</b> Stretch hamstrings.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/xZRT_t_DqP4">https://www.youtube.com/embed/xZRT_t_DqP4</a></p>
	Mountain	<p>T1, 2, 3. Feet hip width apart. Tuck in chin. Legs slightly bent (not stiff). Shoulders back &amp; down. Tilt pelvis to release down through lower back.</p> <p><b>Benefits:</b> Helps with birth preparation as it strengthens thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/0BeEEe8qS6Y">https://www.youtube.com/embed/0BeEEe8qS6Y</a></p> <p><b>Precautions :</b> Don't stand still for too long</p>




Image	Pose	Description
	<p>Waist Rotate</p>	<p>T1, 2. Stand with feet out wide. Arms by sides. Inhale. Raise arms to shoulder level. Exhale. Twist body to left. Bring right hand to left shoulder and wrap left arm around back. Look over left shoulder. Hold breath for 2 seconds. Inhale. Return to starting position. Keep feet firmly on ground while twisting. Repeat on other side.</p> <p><b>Benefits:</b> Relieves physical and mental tension. Aligns spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/95_TBydmTiY">https://www.youtube.com/embed/95_TBydmTiY</a></p>
	<p>Palm Tree Tip Toes</p>	<p>T 1, 2. Stand with feet together. Arms by side. Raise arms over head. Interlock fingers. Turn palms up. Place hands over head. Inhale. Stretch arms, shoulders and chest up. Come up on toes. Stretch whole body from top to bottom. Lower heels while exhaling and bring hands on top of head.</p> <p><b>Benefits:</b> Entire spine stretch.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/pxEjqmv5u08">https://www.youtube.com/embed/pxEjqmv5u08</a></p> <p><b>Precautions :</b> Ankle injury.</p>
	<p>Five Pointed Star</p>	<p>T1, 2. Stand with feet a comfortable stride apart. Arms by sides. Palms face in. Draw in pelvic floor muscles. Raise arms to shoulder height (palms facing down). On inhale push weight down through feet. Tuck in tailbone. Feel stretch in legs as you continue raising hands further until arms are above head. As you exhale move into a five-pointed star position by slowly bending your arms and knees. Gradually lower hips and squat as far as is comfortable. Hold. Return to starting position.</p> <p><b>Benefits:</b> Opens hips, chest. Strengthens pelvic functioning.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/2NJTEy88vUo">https://www.youtube.com/embed/2NJTEy88vUo</a></p> <p><b>Precautions :</b> Stop if you feel dizzy.</p>


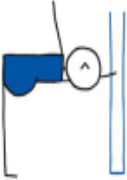

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	<p>Horse Twist</p>	<p>T1. Stand in a Half Squat. Feet splayed open in line with knees. Hands on thighs. Turn right shoulder towards left knee. Exhale. Look over left shoulder. Feel upper back stretch. Inhale. Come back up to centre. Repeat on other side.</p> <p><b>Benefits:</b> Helps widen pelvic diameter. Great for pushing stage of labour.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/6dNS5tPF4V4">https://www.youtube.com/embed/6dNS5tPF4V4</a></p> <p><b>Precautions :</b> Breach baby. Haemorrhoids.</p>
	<p>Standing Fold Twist Wall</p>	<p>T1, 2, 3. Stand in front of wall. Legs out wide. Raise arms. Bend slowly down so hands reach wall. Raise right arm. Rotate upper body. Look at hand. Make sure belly button faces down so only upper back is rotating. Exhale the hand back down to wall. Repeat on other side. Bend knees. Take hands to hips. Rise up to standing.</p> <p><b>Benefits:</b> Massages nutrient rich blood around reproductive organs and baby.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/BAhte16c8_E">https://www.youtube.com/embed/BAhte16c8_E</a></p> <p><b>Precautions :</b> High blood pressure</p>
	<p>Warrior I</p>	<p>T1. Start In Mountain. Exhale. Step feet out wide. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot out to left 90 degrees. Align left heel with right heel. Left knee cap in line with centre of left ankle. Exhale. Bend left knee over left ankle (shin perpendicular to floor). Press outer right heel firmly to floor. Stretch arms away from space between shoulder blades, parallel to floor. Don't lean torso over left thigh. Keep shoulders over pelvis. Turn head to left. Look over the fingers. Straighten forward leg. Bend forward leg again. Place forearm on thigh. Raise other arm overhead. Look up. Make a straight line with arm and body. Repeat on other leg.</p> <p><b>Benefits:</b> Relieves backaches and sciatica.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/cN7Fi3vH4RE">https://www.youtube.com/embed/cN7Fi3vH4RE</a></p> <p><b>Modifications:</b> Raise back heel on a folded blanket.</p> <p><b>Precautions :</b> High blood pressure. Heart, shoulder weakness.</p>






Image	Pose	Description
	Extended Side Angle	<p>T1, 2. From Mountain, step right foot forward into High Lunge. Forearm rests on thigh. Hips face forward. Raise left arm over shoulder. Open chest. Repeat on left.</p> <p><b>Benefits:</b> Opens chest. Increases energy.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/wBPmmYsSa-E">https://www.youtube.com/embed/wBPmmYsSa-E</a></p>
	Mountain	<p>T1, 2, 3. Feet hip width apart. Tuck in chin. Legs slightly bent (not stiff). Shoulders back &amp; down. Tilt pelvis to release down through lower back.</p> <p><b>Benefits:</b> Helps with birth preparation as it strengthens thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/0BeEEe8qS6Y">https://www.youtube.com/embed/0BeEEe8qS6Y</a></p> <p><b>Precautions :</b> Don't stand still for too long</p>
	Squat On Blocks	<p>T1, 2. Stand with legs apart. As you lower body push rear end back and engage abs. Support yourself on two blocks to stay longer in pose.</p> <p><b>Benefits:</b> Strengthens back, uterus, thighs, ankles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/gig-b3-DKWY">https://www.youtube.com/embed/gig-b3-DKWY</a></p> <p><b>Precautions :</b> Breach baby. Haemorrhoids.</p>
	Side Lying Spinal Bend	<p>T1, 2. Lie on right side with left leg on right leg. Bend right arm and place elbow on floor. Support head on right palm. Place left arm on left thigh. Raise left leg as high as is comfortable, slide left hand to foot and grasp big toe. Repeat on other side.</p> <p><b>Benefits:</b> Stretches hams, inner thigh, ab muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/THjwKvf5T5M">https://www.youtube.com/embed/THjwKvf5T5M</a></p>

Image	Pose	Description
	Side Lying I	<p>T1, 2, 3. Experiment with sleeping positions that help you breathe more easily. Sleep semi-reclined, propped up on pillows, or raise your head with an extra pillow while sleeping in side-lying position.</p> <p><b>Benefits:</b> Get a good night's rest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/PQRQMCG684w">https://www.youtube.com/embed/PQRQMCG684w</a></p>

## Lesson Plan Description:

# AVOID THESE POSES DURING TRIMESTERS 1, 2, AND 3

### Avoid Low-Lying Placenta

Stay away from certain poses if you have a [low-lying placenta](#)-(placenta praevia). Discuss your specific circumstance with your doctor.

### Avoid Back Bends

Too much compression on lower vertebrae and stretches AB muscles too much.

### Avoid Double Leg Lifts

Causes a lot of stress on the abdominals and lower back.

### Avoid Holding The Breath

Restricts flow of oxygen to the foetus.

### Avoid Jumping

Too much stress on the cervix.

### Avoid Inversions

Can cause compression of the placenta which may interrupt the flow of oxygen to the baby

### Avoid-Over Stretching

Ligaments & tendons soften during pregnancy but will not rebound if overstretched.

# YOU CAN DO THESE POSES DURING TRIMESTER 1 (WEEKS 0-13)

### Do Basic Poses

During-Trimester 1-you'll be able to do most basic poses unless you have a complication. -If you have a complication, get the-green light-from your doctor before continuing your yoga practice.



### **Do Standing Poses**

Standing poses help to strengthen the leg, generate energy and improve blood circulation in the entire body. They also help relieve morning sickness and other early pregnancy symptoms.

### **Do Hip Openers**

### **Do Seated Twists**

### **Do Gentle Back Stretches**

## **AVOID THESE POSES DURING TRIMESTER 1 (WEEKS 0-13)**

### **Avoid Intense Abdominal Exercises-**

Avoid boat pose.

Intense abdominal exercises can prevent the fertilised egg from embedding in the early stages.

### **Avoid Standing Still For Too Long-**

Standing still for too long can reduce blood pressure and cause dizziness and fainting.

### **Avoid-Strenuous Poses**

Don't hold poses for too long.

The weeks between 12 and 14 are when most miscarriages occur.

### **Avoid-Twists**

Can cause or aggravate extreme nausea.