Pregnancy Yoga For Trimesters 1, 2 And 3

Image	Pose	Description
	Chest Breath	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. **Benefits:** Raises rib cage and eases breathing as uterus grows. **Video:** https://www.youtube.com/embed/LRqj2ceKyzM
	Easy Arms Up	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. **Benefits:** Flexibility in hips, spine. Improves posture. Good for trimester 1, 2 & 3. **Video:** https://www.youtube.com/embed/n4ntAZN0KUo **Modifications:** Pillow under buttocks to raise hips.
	Ankle Crank	Sit in a comfortable seated position with plenty of space for the belly. Rest one foot above the opposite knee. Hold the toes with one hand and support the ankle with the other. Circle the ankle slowly in both directions, keeping the movement soft and easy. Repeat on the other side. **Benefits:** Relieve ankle and foot stiffness. Encourage circulation through lower legs and feet. Support mobility in joints that can feel heavy during pregnancy. Create a small moment of ease for the whole lower body. **Video:** https://www.youtube.com/embed/6M7iBqRA2gk?si=a9lpDHWNDAHUVHnK **Modifications:** Beginner: Keep foot lower on opposite shin instead of above the knee. Intermediate: Sit on a folded blanket or cushion to lift hips. Advanced: Extend lower leg forward while circling the raised ankle. **Precautions :** Sit on enough support to make space for belly. Keep movement slow and gentle. Avoid pose if crossing leg causes knee, hip, pelvic, or lower back discomfort.

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	Butterfly II	Sit in a comfortable seated position with plenty of space for belly. Bring soles of feet together and keep heels as close as feels comfortable. Hold feet or ankles and let knees open out to sides. Gently flutter legs up and down without forcing them. Keep spine long, shoulders soft, and breath easy. **Benefits:** Trimester 1, 2, 3. Open hips and inner thighs. Encourage gentle movement through pelvis and legs. Create more space for belly in seated work. Support relaxation while keeping body softly active. **Video:** https://www.youtube.com/embed/cKkKmfIlZ5c?si=ZOpXjVxjn6cEleMa **Modifications:** Beginner: Sit on a folded blanket or cushion and keep leg movement very small. Intermediate: Hold ankles or feet and gently flutter knees with a tall spine. Advanced: Bring heels a little closer and add a slightly quicker butterfly movement without forcing the hips. **Precautions :** Sit on enough support to make space for belly. Avoid pressing knees down or bouncing hard if it causes pelvic pain, hip discomfort, or any strained breathing.
	Seated Wide Leg Arm Raises	T1, 2, 3. Sit with legs wide apart. Raise arms up. Bend forward as far as you can. **Benefits:** Open hips & pelvis for childbirth. **Video:** https://www.youtube.com/embed/F3FX0wbzYY8

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	Butterfly IV	Sit in a comfortable seated position with plenty of space for belly. Extend one leg and bend other, placing foot high on opposite thigh as comfortably as possible. Rest one hand on bent knee and lift opposite arm overhead. Keep spine long, chest open, and gaze forward or up if comfortable. Breathe softly, then repeat on other side. **Benefits:** Trimester 1 and 2. Open one hip and side body at a time. Create more space through waist and ribs for easier breathing. Support a tall seated posture with space for belly. **Video:** https://www.youtube.com/embed/cKkKmfIlZ5c?si=ZOpXjVxjn6cEleMa **Modifications:** Beginner: Place foot lower on opposite leg and keep lifted arm lower. Intermediate: Rest one hand on knee and reach other arm overhead with a tall spine. Advanced: Lift arm fully and add a gentle side stretch while keeping plenty of space for belly. **Precautions :** Sit on enough support to make space for belly. Keep lifted arm and side stretch gentle. Avoid placing foot too high or leaning too far if it causes hip, shoulder, pelvic, or lower back discomfort.
	Churning The Mill	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.- **Benefits:** Tones nerves of pelvis. Excellent post natal exercise. Good for trimester I. **Video:** https://www.youtube.com/embed/-ApwV8tnt0k **Precautions :** Don't practice during 2nd or 3rd Trimester. Only go back as far as is comfortable.
	Cat	T1, 2. Come onto all fours. Exhale while lowering head and stretching spine upward. **Benefits:** Improves flexibility of neck, shoulders, spine. Tones reproductive system. **Video:** https://www.youtube.com/embed/LympZqVz14s **Precautions :** Only practice during first 6 months of pregnancy.

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	Cow Leg To Side	T1, 2 & 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. **Benefits:** Lower back stretch. Helps concentration. **Video:** https://www.youtube.com/embed/aSppgKiF0qo
	Cow Leg Arm Raises	T1, 2 & 3. Start in neutral position with wrists under shoulders & 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. **Benefits:** Lower back stretch. Helps concentration. **Video:** https://www.youtube.com/embed/x25sDuIp0ZY
	Plank	T 1, 2. From kneeling, place arms directly under shoulders. Lower into plank. Engage core. Draw belly button towards spine. **Benefits:** Strengthens arms, wrists, spine. Tones abs. **Video:** https://www.youtube.com/embed/oU3PWI17lOg **Precautions :** Carpal tunnel syndrome.
	Runner	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. **Benefits:** Stretch hamstrings. **Video:** https://www.youtube.com/embed/xZRT_t_DqP4
	Mountain	T1, 2, 3. Feet hip width apart. Tuck in chin. Legs slightly bent (not stiff). Shoulders back & down. Tilt pelvis to release down through lower back. **Benefits:** Helps with birth preparation as it strengthens thighs. **Video:** https://www.youtube.com/embed/0BeEEe8qS6Y **Precautions :** Don't stand still for too long

Image	Pose	Description
	Waist Rotate	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. **Benefits:** Relieves physical and mental tension. Aligns spine. **Video:** https://www.youtube.com/embed/95_TBydmTiY
	Palm Tree Tip Toes	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. **Benefits:** Entire spine stretch. **Video:** https://www.youtube.com/embed/pxEjqmv5u08 **Precautions :** Ankle injury.
	Five Pointed Star	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. **Benefits:** Opens hips, chest. Strengthens pelvic functioning. **Video:** https://www.youtube.com/embed/2NJTEy88vUo **Precautions :** Stop if you feel dizzy.

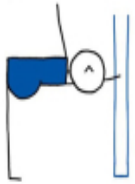
Image	Pose	Description
	Horse Twist	T1. Stand in a Half Squat. Feet splayed open in line with knees. Hands on thighs. Turn right shoulder towards left knee. Exhale. Look over left shoulder. Feel upper back stretch. Inhale. Come back up to centre. Repeat on other side. **Benefits:** Helps widen pelvic diameter. Great for pushing stage of labour. **Video:** https://www.youtube.com/embed/6dNS5tPF4V4 **Precautions :** Breach baby. Haemorrhoids.
	Standing Fold Twist Wall	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. Real on other side. Bend knees. Take hands to hips. Rise up to standing. **Benefits:** Massages nutrient rich blood around reproductive organs and baby. **Video:** https://www.youtube.com/embed/BAhte16c8_E **Precautions :** High blood pressure
	Warrior II	Start in Mountain. Step feet wide. Turn the front foot out 90 degrees and the back foot slightly in. Lift arms to shoulder height. Bend the front knee so it stacks over the ankle. Press firmly into the back foot. Keep torso upright, chest open, and shoulders relaxed. Gaze over the front fingertips. Hold for a few breaths. Straighten the front leg and repeat on the other side. **Benefits:** Relieves backaches and sciatica. **Video:** https://www.youtube.com/embed/RCRfGrnWgiI?si=atCHvZIrgbakm8rm **Modifications:** Beginner: Shorten stance and keep hands on hips for support. Intermediate: Rest front forearm lightly on front thigh. Advanced: Add gentle arm lifts while holding the pose steady. **Precautions :** High blood pressure. Heart and shoulder weakness.

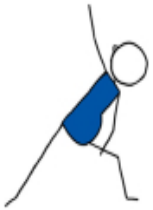
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	Extended Side Angle	T1, 2. From Mountain, step right foot forward into High Lunge. Forearm rests on thigh. Hips face forward. Raise left arm over shoulder. Open chest. Repeat on left. **Benefits:** Opens chest. Increases energy. **Video:** https://www.youtube.com/embed/wBPmmYsSa-E
	Mountain	T1, 2, 3. Feet hip width apart. Tuck in chin. Legs slightly bent (not stiff). Shoulders back & down. Tilt pelvis to release down through lower back. **Benefits:** Helps with birth preparation as it strengthens thighs. **Video:** https://www.youtube.com/embed/0BeEEe8qS6Y **Precautions :** Don't stand still for too long
	Squat On Blocks	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. **Benefits:** Strengthens back, uterus, thighs, ankles. **Video:** https://www.youtube.com/embed/gig-b3-DKWY **Precautions :** Breach baby. Haemorrhoids.
	Side Lying Spinal Bend	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. **Benefits:** Stretches hams, inner thigh, ab muscles. **Video:** https://www.youtube.com/embed/THjwKvf5T5M

Image	Pose	Description
	Side Lying I	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. **Benefits:** Get a good night's rest. **Video:** https://www.youtube.com/embed/PQRQMCG684w

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.

You can create lesson plans like this using the Genie Lesson Planner