
















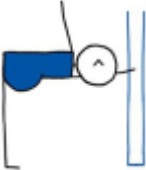


Pregnancy Yoga For Trimesters 1, 2 And 3

 <p>Chest Breath</p>	 <p>Easy Arms Up</p>	 <p>Ankle Crank</p>	 <p>Butterfly II</p>	 <p>Seated Wide Leg Arm Raises</p>	 <p>Butterfly IV</p>
 <p>Churning The Mill</p>	 <p>Cat</p>	 <p>Cow Leg To Side</p>	 <p>Cow Leg Arm Raises</p>	 <p>Plank</p>	 <p>Runner</p>
 <p>Mountain</p>	 <p>Waist Rotate</p>	 <p>Palm Tree Tip Toes</p>	 <p>Five Pointed Star</p>	 <p>Horse Twist</p>	 <p>Standing Fold Twist Wall</p>



Warrior I



Extended Side Angle



Mountain



Squat On Blocks



Side Lying Spinal Bend



Side Lying I

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.