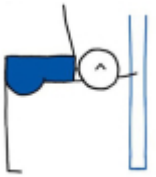
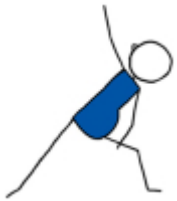
Pregnancy Yoga For Trimesters 1, 2 And 3

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

					
Warrior II	**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.

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