



A Few Considerations

Hormonal changes that begin at conception create a loosening of muscles, tendons and ligaments, causing a relative instability and an increased chance of overstretching and hyperextending joints.

Thus: consider taking more care with balance, and avoid overstretching.

Blood flow increases as much as 50%, causing a greater tendency for light-headedness or dizziness during transitions.

Thus: consider being mindful and taking adequate time with transitions.

Safety Suggestions

- 1) If you are new to yoga or have other health conditions, please attend a Prenatal Yoga Class as opposed to a typical drop-in class.
- 2) Don't hold the breath or practice *pranayama* such as "breath of fire." Instead, focus on gentle breathing fundamentals.
- 3) Do not overheat or allow the heart rate to elevate significantly. (The breath should flow comfortably.)
- 4) Take shorter stances in standing poses and stretch to about 80% of end-range.
- 5) Rather than practice poses from belly or back, consider hands-and-knees variations. (A blanket under knees can increase comfort.) Another common variation for poses from the back is to prop yourself into a reclined set-up.
- 6) Use resting poses as needed throughout class (such as a wide-legged child's pose, for example).
- 7) Practice treating yourself with kindness and light-heartedness. Gift yourself this time to connect with yourself and your baby.