



Hannah Morley, Linda's "Yoga Baby" who enjoyed a Yoga-filled pregnancy and childbirth

Our birth is but a sleep and a forgetting;
The soul that rises with us, our life's star,
Hath had elsewhere its setting,
And cometh from afar:
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come
From God, who is our home

William Wordsworth

(Taken from The Golden Thread, compiled by Dorothy Boux)

PREGANACY

Pregnancy is a very special time, a time of great change, a time of creation of new life, involving the whole body, mind emotions and spirit.

Pregnancy is a normal, natural process and not an illness, but you should consult with your health care provider before undertaking an exercise regime, especially if you are new to pregnancy and to Yoga.

Remember the common complications of pregnancy:

- High blood pressure
- Excess weight gain
- Excess fluid
- Previous miscarriage
- Varicose veins
- Ligaments are looser so overstretching can occur
- Muscles become overstretched: hamstrings, gluteals, Abdominals, pelvic floor, upper back.
- Other muscles shorten: lower back, chest
- Multiple births

The benefits of antenatal yoga:

- Reduces stress
- Helps to reduce excess weight
- Lessens backache
- Reduces depression
- Increases muscle tone
- Helps labour become shorter and easier

Many recommendations for students preactising yoga are even more important for pregnant students:

- Leave more time after food before practice
- Never rush movements or push
- Never strain or force
- Stop if discomfort is noticed
- Stop if weakness or dizziness noted
- Regular practice

Plus avoidance or extreme care with the list below:

- Jumping into position
- Standing body twists with straight legs
- Asanas that constrict the abdomen eg; rapid abdominal breathing, abdominal locks or abdominal pumping
- Lying flat on the back with straight legs or straight leg lifting
- Straight leg sit ups
- Deep knee bends
- Pranayama - don't have long retention of breath

Centre of gravity is different so use wall or chair to aid balancing asanas.
Meditation and Visualisation is very helpful.

*"Your spirit as a woman has all the knowledge
and power you need to give birth and to nurture your
baby, It is in your genes.
It has been there since you yourself were conceived
You can trust it's wisdom"*

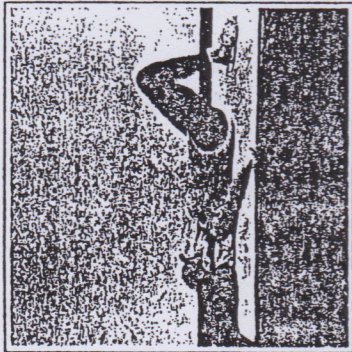
Gurmukh Khalsa
Kundalini Yoga and Meditation
Instructor

Written by Louise Bulkeley

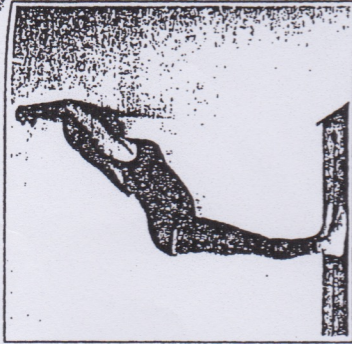
Sample Program For First Trimester



The following 12 poses are appropriate during the first three months of pregnancy. For instructions, refer to the page number listed after the title. Practice back-lying poses only in the first trimester.



Reclining Pelvic Tilt (p. 10)



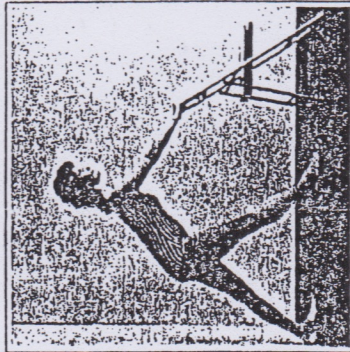
Forearms on Wall Shoulder Stretch (p. 17)



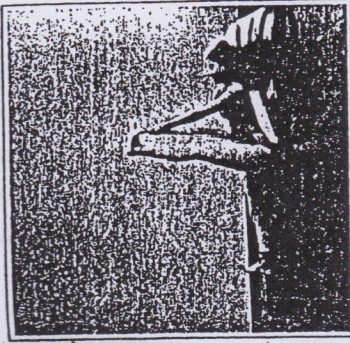
Squatting Pose to Wall (p. 58)



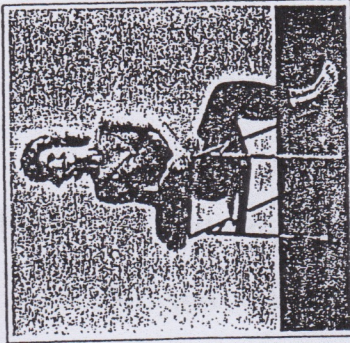
Hip Stretch with Feet on Wall (p. 60)



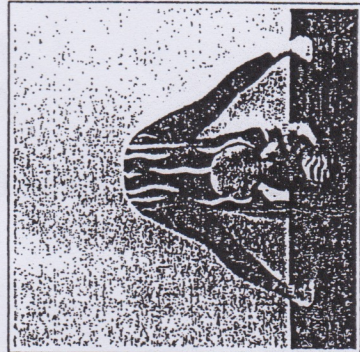
Alternate Leg Stretch with Chair (p. 30)



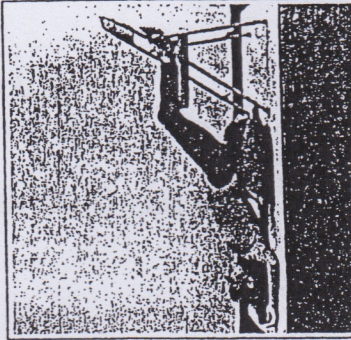
Reclining Alternate Leg Hamstring Stretch (p. 68)



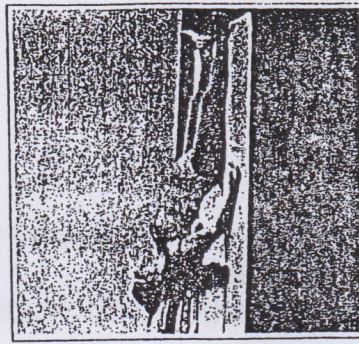
Twisting Pose with Chair (p. 84)



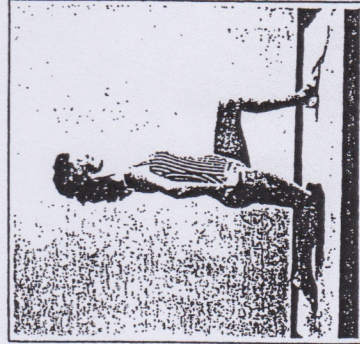
Head to Floor Wide Leg Stretch (p. 41)



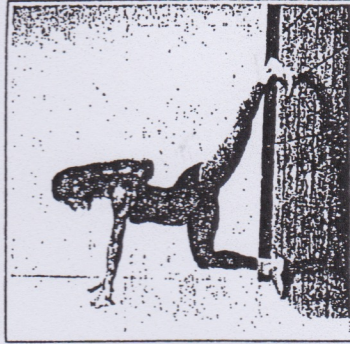
Lower Back Relaxation Pose with Chair (p. 93)



Back-Lying Relaxation Pose (p. 95)



Kneeling Front Thigh Stretch (p.50)

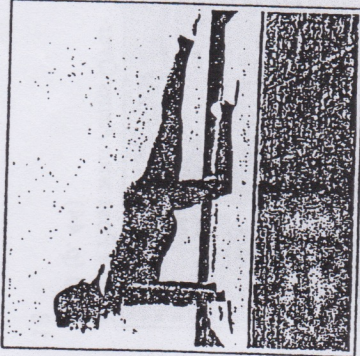


Warrior I Pose to Wall (p. 39)

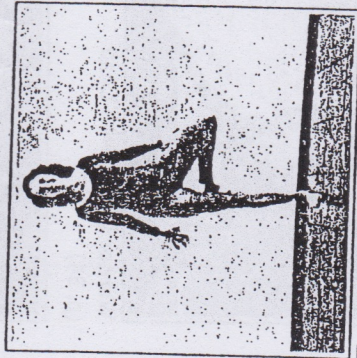
For Second Trimester



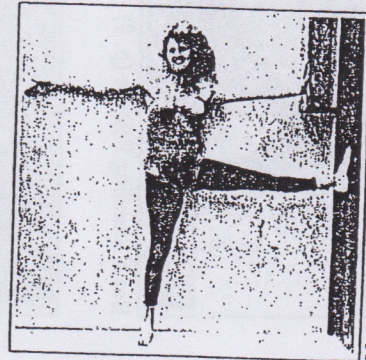
of pregnancy. These poses concentrate on strengthening legs, and stretching hip, front thigh, and hamstring muscles.



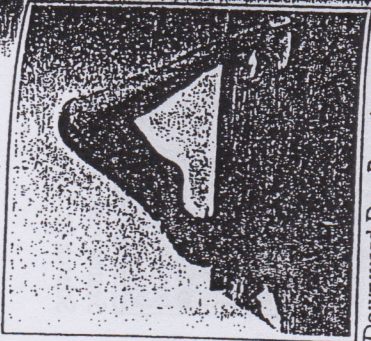
Cat Stretch with Leg Lift (p. 13)



Tree Pose (p. 28)



Half Moon Pose with Wall (p. 38)



Downward Dog Pose (p. 24)



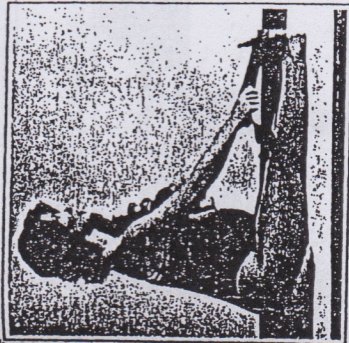
Triangle Pose (p. 32)



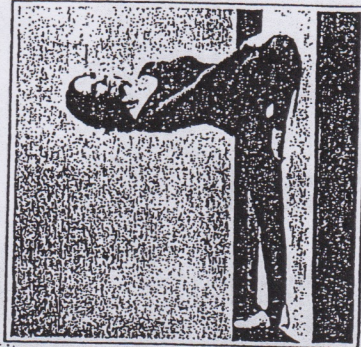
Half Reclining Hero's Pose (p. 45)



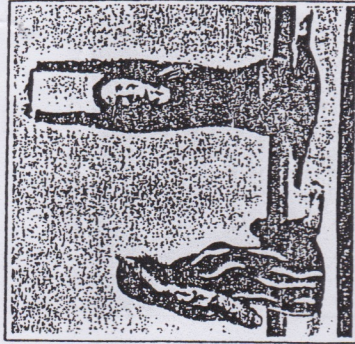
Elevated Leg and Front Thigh Stretch (p. 54)



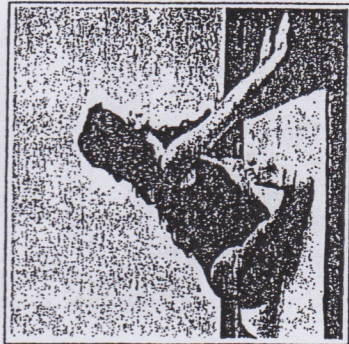
Seated Hamstring Stretch (p. 76)



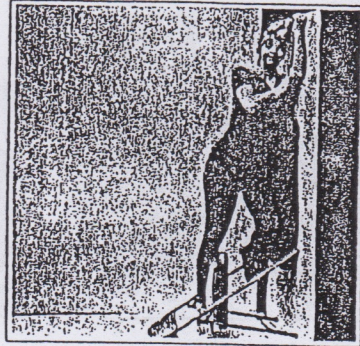
Revolved Foot to Thigh Pose (p. 85)



Shoulder Stretches in Leg Over Leg Pose (p. 64)



Wide Leg Stretch with Forward Bend (p. 81)

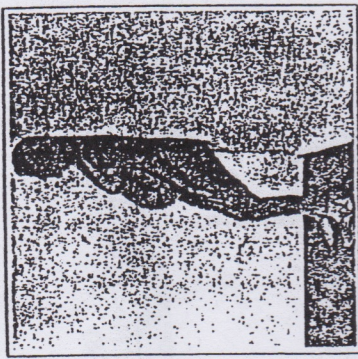


Elevated Leg Side-Lying Pose (p. 96)

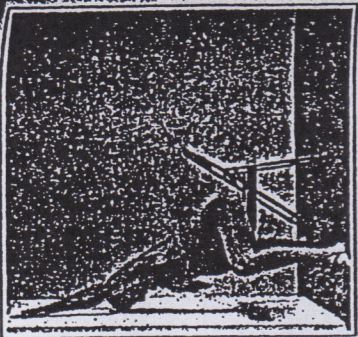
Multiple Pregnancy For Third Trimester



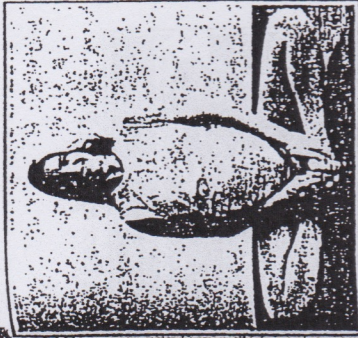
pregnancy. These poses concentrate on breathing, relaxation, and stretching with the support of a chair.



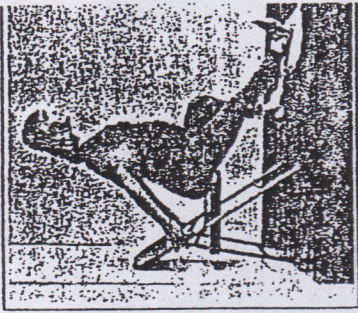
Basic Standing Posture (p. 9)



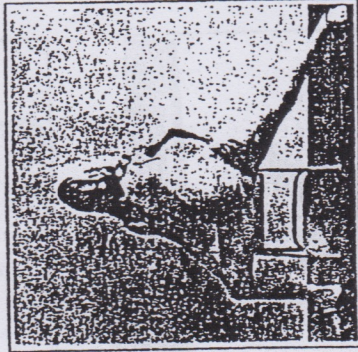
Seated Shoulder Stretch (p. 20)



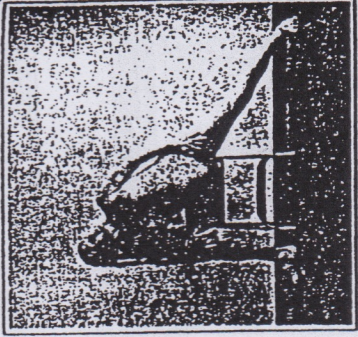
Bound Angle Pose (p. 59)



Easy Hamstring Stretch in Chair (p. 70)



Warrior II Pose with Chair (p. 34)



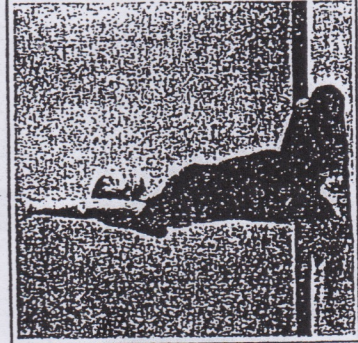
Side Angle Pose with Chair (p. 37)



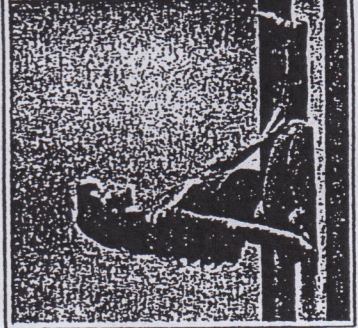
Seated Wide Leg Stretch with Chair (p. 79)



Wide Leg Stretch with Twist (p. 87)



Hero's Pose with Arms Overhead (p. 44)



Seated Alternate Front Thigh Stretch (p. 52)



Breathing Awareness Pose (p. 91)



Side-Lying Relaxation Pose (p. 97)