



YOGA FOR PREGNANCY

LECTURE WITH DEMONSTRATION

Chhavi Trivedi



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Shloka for Peace and Unity

Om saha navavatu, saha nau bhunaktu
Saha veeryam karvaavahai
Tejasvi naa vadeetha mastu
maa vid vishaa va hai
AUM shaantih, shaantih, shaantihi

Meaning:

Let us together (-saha) be protected (-na vavatu)
and let us together be nourished (-bhunaktu) by God's blessings.

Let us join the our mental forces together for strength (-veeryam) to benefit humanity (-karvaa vahai).

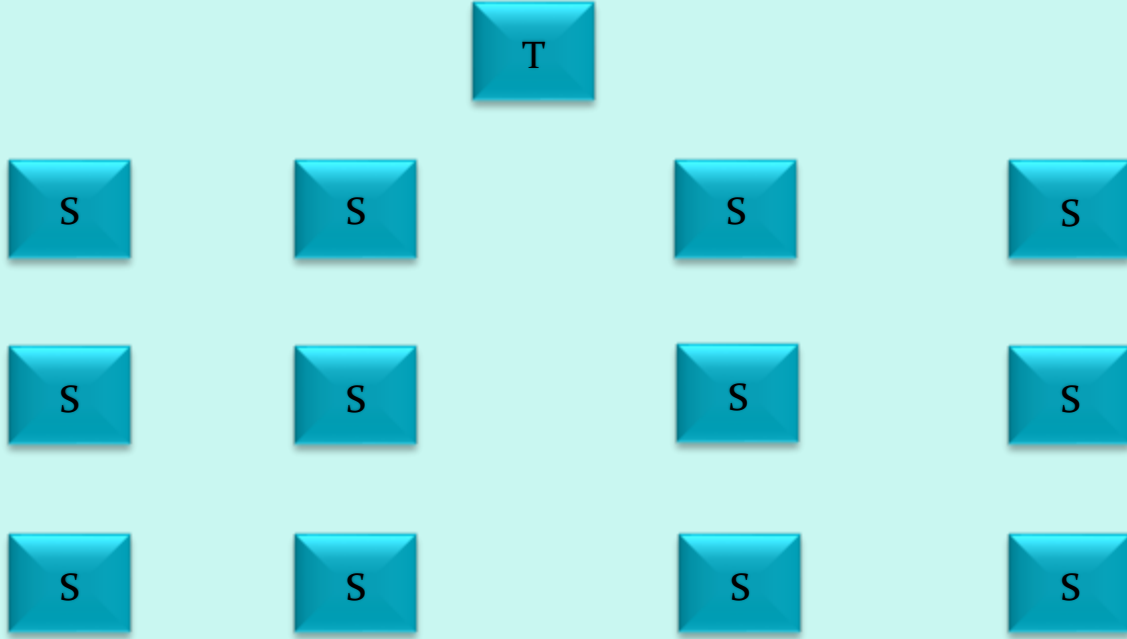
Let our efforts at learning be filled with light (-tejasvi) and joy, and be driven by the force of purpose (-vadhita mastu).

Let us never (-maa) be poisoned (-vishaa) with the seeds of hatred for anyone.

Let there be peace and serenity (-shaantih) in all the three universes.



SEATING ARRANGEMENT



SELF INTRODUCTION

Hello students! My name is Chhavi Trivedi and I will be your yoga instructor.

PRAYER

Kindly sit in any meditative asana/posture. Place your hands in jnana(read gyan) mudra. Gently close your eyes.

Make sure your head, neck and spine are straight. Follow the following:

तेजस्वि नावधीतमस्तु । मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

om saha nāvavatu sahanau bhunaktu saha vīryam karavāvahai
tejasvi nāvadhītamastu mā vidviṣāvahai
om śāntiḥ śāntiḥ śāntiḥ

INTRODUCTION



It doesn't matter how it came about - in the bedroom, in the boardroom, or in the broom cupboard (we really don't want to know!) - The reality is you're pregnant. And that is wonderful news. It's going to be a roller coaster ride: for you, your partner, your baby, and all those around you in the weeks, months and years to come. It's the most natural and amazing time of life.

Pregnancy and birth - that tremendously powerful stage of development that brings a woman to motherhood, a couple to family and a beautiful child into the world. To know that in a few years, we would be holding their hands as they take their first steps, and later holding their hands through birth

themselves. With each birth that we attend, we re-experience this sense of awe, power and wonder. We share the joy of a birth with parents who are but taking the first steps into parenting. Theirs is a world of learning by doing, of making mistakes and of learning about their power as a family. Yes, there is power in families - positive power.

Join in the beauty of pregnancy and birth. Experience the wonder of conception and the joy of nine months of growing and nurturing a tiny human being. Labor and Birth will not be entirely enjoyable nor will it be pain-free. Yet with a renewed attitude of power and might, face labor and birth with a sense of strength, spirituality, control and power.

Best of all, yoga will be there to hold your hand every step of the way. In fact, many women come to yoga for the first time during pregnancy. And, as millions of women up and down the land may concur, many will arrive at their first class with a few aches and pains. Their bodies are changing both on the inside and on the outside.

Pregnancy yoga can help you cruise through the changes. Joining a pregnancy yoga class is a great idea, not only for the health and wellbeing benefits, but also for the social

connection with other mums-to-be. Yoga for pregnancy aims to support a woman during her pregnancy and prepare her for active birth, physically, mentally, spiritually and emotionally. This is especially so for women with no previous experience of yoga.

THREE TRIMESTERS OF PREGNANCY

FIRST TRIMESTER

The first trimester lasts from the first through the 13th week of pregnancy. Although you may not look pregnant during the first trimester, your body is going through enormous changes as it accommodates a growing foetus.

In the first few weeks following conception, your hormone levels change significantly. Your uterus begins to support the growth of the placenta and the foetus, your body adds to its blood supply to carry oxygen and nutrients to the developing baby, and your heart rate increases. These changes accompany many of the pregnancy symptoms, such as fatigue, morning sickness, headaches, and constipation.

The first trimester is vital for the development of your baby. The foetus will develop all of its organs by the end of the third month, so this is a crucial time. It's important to maintain a healthy diet, including adding an adequate amount of folic acid in order to help prevent neural tube defects. Cut out any bad habits, such as smoking and alcohol. Both have been related to serious complications in pregnancy and birth defects.

SECOND TRIMESTER

The second trimester (weeks 13-27) is often the most comfortable period of time for the majority of pregnant women. Most of the early pregnancy symptoms will gradually disappear, and you should enjoy a more restful night's sleep and a surge in energy levels during the daytime.

Your abdomen will start to look pregnant, as the uterus will grow rapidly in size. At the end of the second trimester, your baby will be almost four times as big as it was at the end of the first trimester. It's a good time to invest in maternity wear, and spread the good news of your pregnancy with your friends and family.

While the discomforts of early pregnancy should ease off, there are a few new symptoms to get used to. Common complaints include leg cramps and heartburn.

Pregnancy Stages



- Start of the first trimester.
- Ovulation and conception
- During week 4 some home pregnancy tests will detect that you have conceived.
- The embryo is just two cells.

Month 1



- Signs of Pregnancy: Extreme fatigue, frequent urination, morning sickness, and hormonal fluctuations.
- The baby's heart is beating.
- The baby's brain is formed.

Month 2



- Embryo officially becomes a fetus.
- Decreased morning sickness.
- Fetus is about the size of a plum.

Month 3



- Start of the second trimester.
- The baby's bones are hardening and will now show up on an x-ray.
- The baby is about 5 inches long and weighs about 5 ounces.

Month 4



- You begin to feel the baby start to kick.
- The baby's hearing starts developing.
- Common discomforts during this month: backaches, indigestion, heartburn, headaches, water retention, dizziness, constipation.

Month 5



- This month marks the halfway mark in your pregnancy.
- At the end of this month the baby is almost fully formed.

Month 6



- Possible occurrences of Braxton Hicks contractions.
- The baby's brain is beginning to process sights and sounds.
- The baby is about 13 inches long.

Month 7



- The baby is fully formed and putting on weight.
- The baby's lungs are almost fully developed.

Month 8



- Common discomforts: Braxton Hicks contractions, pelvic pressure, difficulty sleeping.

Month 9



Screening tests are also performed in the second trimester, and this is when a diagnostic test would be performed. Be sure to talk to your doctor about your medical history and any issues that could put you or your baby at risk.

THIRD TRIMESTER

The third trimester lasts from the 28th week through the birth of your baby. During the third trimester you will start seeing your health care provider more frequently.

Your doctor will regularly:

- Test your urine for protein
- Check your blood pressure
- Listen to the foetal heart rate
- Measure your fundal height (the approximate length of your uterus)
- Check your hands and legs for any swelling

Your doctor will also determine the baby's position and check your cervix in order to monitor how your body is preparing for childbirth.

The third trimester is a good time to educate yourself about labor and delivery. Take time out to enrol in a childbirth class. Childbirth classes are designed to prepare you and your partner for labor and delivery. It's a great way to learn about the different stages of labor and delivery options, and gives you the opportunity to ask any questions or voice any concerns to a trained childbirth instructor.

BABY QUOTES

A baby fills a place in your heart that you never knew was empty.

Happiness is on the way.

Feeling fat lasts nine months, but the joy of becoming a mom lasts forever.

It is the most powerful creation to have life growing inside of you. There is no bigger gift.

A mother's joy begins when new life is stirring inside... when a tiny heartbeat is heard for the very first time, and a playful kick reminds her that she is never alone.

COMMON DISCOMFORTS DURING PREGNANCY

Symptoms of discomfort due to pregnancy vary from woman-to-woman. The following are some common discomforts. However, each mother-to-be may experience symptoms differently or not at all:

Nausea & Vomiting

About 50% of all women experience some form of nausea and vomiting during pregnancy. While the cause is unknown, it is normal and usually self-limiting. Most symptoms begin around 6 weeks of pregnancy, peak around 8-10 weeks, and begin subsiding around 12 weeks. By 14 weeks most women are free from nausea and vomiting.

Constipation & Hemorrhoids

Progesterone slows down the mobility of the gastrointestinal (GI) tract during pregnancy. This can lead to gas and constipation. In addition, the extra iron in prenatal vitamins may also cause constipation. As the uterus grows larger it puts extra pressure on the intestines and interferes with circulation in the lower bowel, causing hemorrhoids. Hemorrhoids are actually swollen blood vessels like varicose veins.

Abdominal Pain

Most abdominal discomfort during pregnancy is a result of the normal hormonal and physical changes that occur during pregnancy. A developing baby and rapidly growing uterus put pressure on the surrounding organs and moves them into new positions. In addition, the hormone relaxin, causes the ligaments and pelvic bones to become soft and flexible in preparation for birth which can lead to discomfort. Occasional isolated abdominal pain that does not persist or worsen is generally not a cause for concern.

Heartburn & Indigestion

Progesterone and relaxin are hormones that slow down the movement through the gastrointestinal (GI) tract. Estrogen reduces the amount of gastric acid secretion, which leads to decreased fat absorption. In addition, the growing uterus puts pressure on the stomach and GI tract. All of this contributes to heartburn and indigestion.

Back/Sciatica Pain

Low back pain is a common occurrence during pregnancy. The growth of the uterus changes your center of gravity and puts extra strain on your lower back. Weak muscles in the back and abdomen prior to pregnancy can lead to worsening symptoms.

Headache

Many women experience increased headaches during pregnancy, especially during the first trimester. Hormonal changes of pregnancy cause dilatation of the blood vessels in and around the brain. These enlarged blood vessels put pressure on the surrounding nerves, causing pain. Headaches can also be caused by sinus pressure from increased fluid retention or allergies or cold symptoms; and eye strain due to vision changes. They may also be triggered by stress and lack of sleep.

Leg Cramps

Impaired circulation in the legs and electrolyte imbalances (body salts like calcium, magnesium, potassium, sodium) can lead to leg cramps.

*The pain that you
have been feeling,
can't compare to the
joy that's coming.*

Varicose Veins

Progesterone causes the smooth muscle walls of the veins to relax. Gravity and the growing uterus put pressure on the veins in your pelvis and on the large blood vessels in the legs, causing varicose veins. Varicose veins also have a hereditary component -- up to 80%. Obesity is also a significant risk factor.

Fatigue

Overwhelming fatigue is quite common during the first trimester of pregnancy and is thought to be caused by the metabolic demands and hormonal changes of early pregnancy. Most women experience a return of energy during the second trimester. Many women experience fatigue again during the last 4 weeks of pregnancy due to extra weight and difficulty sleeping.

Dizziness/Lightheadedness

The changes in blood vessels during pregnancy can lead to sudden drops in blood pressure. This may cause dizziness and lightheadedness, especially when changing positions suddenly – from lying down to sitting or standing. Although less common, low blood sugar may also cause lightheadedness.

Don't think of it as pain. Think of it as an interesting sensation that requires all of your attention.



Yoga during Pregnancy

Safe or Not?

Wondering if you can practice yoga even during pregnancy? Thinking if it is safe to do the **asanas** with a new life inside?

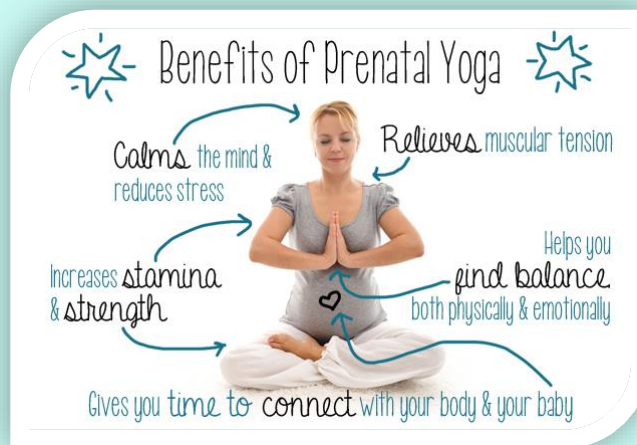
Yes, it is.

Yoga Benefits in Pregnancy

- 1 Develops stamina and strength to carry the baby's weight
- 2 Fine tunes physiological, emotional and mental balance
- 3 Relieves tension of lower back, hips, chest, upper back, neck and shoulders caused by physical changes in body
- 4 Relieves tension of lower back, hips, chest, upper back, neck and shoulders caused by physical changes in body
- 5 Calms the parasympathetic nervous system, also known as 'Rest and Digest' system
- 6 Eases labor and delivery as you master the art of breathing and relaxing pelvic muscles
- 7 Increased blood circulation within joints and sex, leading to decrease in swelling and enhanced immunity
- 8 Helps build a bond with the baby as you relax and get in sync with your inner self

BENEFITS OF YOGA IN PREGNANCY

- Studies have shown women who practice yoga during pregnancy are less likely to develop high blood pressure or go into premature labor.
- Many asanas will help create more space in your pelvis for your baby and can help ease back pain.
- Yoga soothes the mind, refocusing your energy and helps you to prepare psychologically for your baby's birth.
- There are a number of poses that can assist or even speed up labor, easing your baby's entry into the world, and help speed recovery after the birth as well.
- Breathing techniques can be invaluable during labor, helping you to relax and manage pain.
- Yoga helps with almost all of the common pregnancy problems.
- Strengthens and relaxes the back.
- Refreshes the legs.
- Improves sleep.
- Improves body awareness and posture.
- Baby is stimulated and child development is improved – stimulating the senses from outside in a good way is very helpful! Sense of touch and body-coordination is strengthened in the womb already.
- After giving birth, recovery of a good muscle tone is easier. Especially pelvic floor!



DIET DURING PREGNANCY

The type of diet encouraged during pregnancy refers to fine-tuning eating habits to ensure you are receiving adequate nutrition for the health of you and your baby. Healthy eating during pregnancy is critical to your baby's growth and development. In order to get the nutrients you need, you must eat from a variety of food groups, including fruits and vegetables, breads and grains, protein sources and dairy products.

Typically, one will need to consume an extra 300 calories a day. Although nausea and vomiting during the first few months of pregnancy can make this difficult, try to eat a well-balanced diet and take prenatal vitamins.

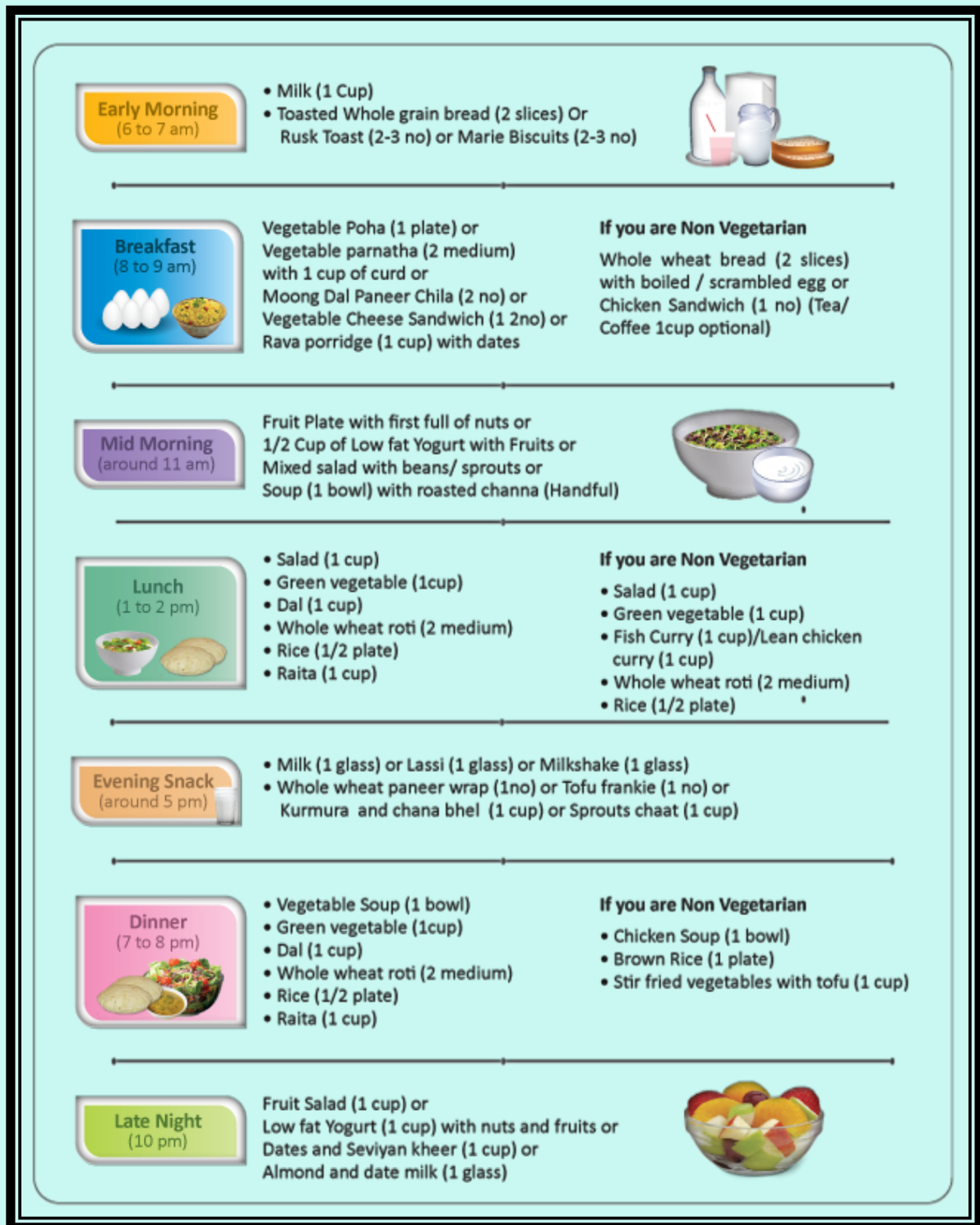


- Eat a variety of foods to get all the nutrients you need. Recommended daily servings include 6-11 servings of breads and grains, two to four servings of fruit, four or more servings of vegetables, four servings of dairy products, and three servings of protein sources (meat, poultry, fish, eggs or nuts). Use fats and sweets sparingly.
- Choose foods high in fiber that are enriched, such as whole-grain breads, cereals, pasta and rice, as well as fruits and vegetables.
- Make sure you are getting enough vitamins and minerals in your daily diet while pregnant. You should take a prenatal vitamin supplement to make sure you are consistently getting enough vitamins and minerals every day.
- Eat and drink at least four servings of dairy products and calcium-rich foods a day to help ensure that you are getting 1000-1300 mg of calcium in your daily diet during pregnancy.

- Eat at least three servings of iron-rich foods, such as lean meats, spinach, beans, and breakfast cereals each day to ensure you are getting 27 mg of iron daily.
- While you're pregnant, you will need 250 micrograms of iodine a day to help ensure your baby's brain and nervous system development. Choose from a variety of dairy products -- milk, cheese (especially cottage cheese), yogurt -- as well as baked potatoes, cooked navy beans, and limited amounts -- 8 to 12 oz. per week -- of seafood such as cod, salmon, and shrimp.
- Choose at least one good source of vitamin C every day, such as oranges, grapefruits, strawberries, honeydew, papaya, broccoli, cauliflower, Brussels sprouts, green peppers, tomatoes, and mustard greens. Pregnant women need 70 mg of vitamin C a day.
- Choose at least one good source of folic acid every day, like dark green leafy vegetables, veal, and legumes (lima beans, black beans, black-eyed peas and chickpeas). Every pregnant woman needs at least 0.4 mg of folic acid per day to help prevent neural tube defects such as spina bifida.
- Choose at least one source of vitamin A every other day. Sources of vitamin A include carrots, pumpkins, sweet potatoes, spinach, water squash, turnip greens, beet greens, apricots, and cantaloupe.
- The World Health Organization recommends a daily intake of 2.7g of omega-3 fatty acids (containing 100-300mg of DHA) for pregnant women to meet the needs of their growing fetus, and to prevent becoming omega-3 deficient themselves. Strongly recommended are omega 3 supplements made from fish oil, instead of flaxseed oil. Fish oil is consumed from either an omega 3 fish oil supplement or eating oily fish.



SAMPLE DIET CHART DURING PREGNANCY



FOODS TO AVOID DURING PREGNANCY

Eating well balanced meals is important at all times, but it is even more essential when you are pregnant. There are essential nutrients, vitamins, and minerals that your developing baby needs. Most foods are safe; however, there are some foods that you should avoid during pregnancy.

Foods You Must Avoid During Pregnancy

Seafood - Avoid seafood with high mercury that can damage the baby's brain. Avoid shark, king mackerel, crabs, prawns and salmon - seafood contains mercury.


Undercooked Food - These foods may contain bacteria and viruses which can affect the mother and baby.

Unpasteurised Food - Unpasteurised food can contain food borne diseases. Hence avoid dairy products that are not properly pasteurised.

Caffeine, Tea, Alcohol - Completely avoid caffeine, tea and alcohol during pregnancy to prevent birth defects and complications. These three drinks can increase the risk of miscarriage.

Raw Sprouts - It is seen that raw sprouts is linked to Salmonella and E. coli.

Raw Eggs - avoid foods containing partially-cooked or raw eggs: mayonnaise, homemade ice cream, eggnog and raw cookie dough. This is to prevent salmonella.



Medical Observer
Source: Everydayhealth

YOGIC DOS AND DONTs DURING PREGNANCY

DOS:

- Get approval from your doctor before beginning any exercise program.
- Make sure you're getting specialized instruction from a qualified yoga teacher who is experienced in offering modifications for expecting moms.
- Go at your own pace, focusing on restoring and replenishing energy with each breath and each pose. This is not the time for punishing exercise – instead, it's time for self-care and self-appreciation!
- Move in a manner that feels good for your body.
- Tap into your own intuition and body wisdom. If something doesn't feel suitable, don't do it! There are always other options you can do that are just as beneficial. •
- Modify, adapt and adjust the poses to suit your own energy level and needs. Sometimes all you want to do is breathe, relax and meditate, and that is fine!
- Use supports and props like blocks, blankets, chairs, the wall, etc.
- Cut yourself some slack. You are embarking on a nine-month transformation. Embrace these changes with cheerful curiosity and positive expectations that your body knows best. Swap out the word “worry” for “hope” and focus on all of the blessings yet to come.



- Focus on de-stressing. Your pre-natal yoga practice should not be a burden, but a delight – something that you look forward to as a personal get-away and an oasis of calm.
- Breathe, relax, focus and enjoy each breath and each moment. You deserve it!

DON'TS:

- Hide your pregnancy from your yoga teacher. If you attend a regular yoga class, be sure to tell the instructor at the start of class about your condition so suitable modifications can be provided for you.
- Start up a “hot yoga” practice where the room is artificially heated to over 100 degrees. (Seasoned yoginis who regularly do hot yoga are already adapted to this type of practice, but it is not recommended for pregnant women just starting yoga.)
- Over-do it! Instead, focus on “less effort and more ease” in each pose. While pregnant, your body releases a hormone called relaxin, which – just like it sounds – allows for more flexibility in the joints by relaxing ligaments and tendons. That means it’s easy to over-stretch and be at risk for injury. Only go at about 75-80% effort.
- Practice forceful breathing, like “breath of fire” or “nauli”. Instead, follow along to learn the classical style of “ujjayi pranayama” to ease discomfort and bring a sense of calm focus to the experience at hand.
- Do any deep twists through your belly. Twisting from the chest and upper back is fine; you just don’t want to put pressure in the abdominal region where your baby is growing.
- Perform intense abdominal exercises with deep contractions through your belly. The key word during this period of life is “spaciousness”. Feel yourself supple and spacious, fluid and free!
- Lie flat on your belly after the first trimester (for the obvious reason of putting pressure on your growing baby!) That means, no “cobra pose”; but up dog is fine as long as it’s comfortable for you.
- Lie flat on your back for more than 5 minutes at a time (after the first trimester; this puts too much pressure on your heart).
- Jump in and out of the poses. In fact, try to avoid any jarring moves which are just too demanding on your body during this time.
- Do full inversions, like headstands or handstands. Resting with your legs up the wall or on the edge of a chair is very refreshing for your legs without reversing the flow of gravity on your developing baby.



YOGIC MANAGEMENT DURING PREGNANCY

SHAT KARMAS

Jala Neti, Trataka, Karnarandhra Dhauti, Kapalrandhra Dhauti, Dantamoola Dhauti (teeth) and Jihva Dhauti (tongue).

SUKSHMA VYAYAM

Netra Shakti Vikasak, Griva Shakti Vikasak – I and II, Bhujbandh Shakti Vikasak, Kohni Shakti Vikasak, Bhujballi Shakti Vikasak, Manibandh Shakti Vikasak, Karprishtha Shakti Vikasak, Kartal Shakti Vikasak, Angoolimoola Shakti Vikasak, Vakshashtala Shakti Vikasak – I and II, Kati Shakti Vikasak – IV, Kundalini Shakti Vikasak, Jangha Shakti Vikasak – II, Jaanu Shakti Vikasak, Padmoola Shakti Vikasak – I and Gulf-Padprishtha-Padtaala Shakti Vikasak Kriya.

STHoola VYAYAM

Rekha Gati and Urdhva Gati

ASANAS

Sukhasana, Marjari (Cat Pose), Vajrasana, Parvat asana (Mountain Pose), Konasana, Trikonasana, Veerbhadra asana, Paschimottan asana, Gentle Butterfly, Viprit Karni (against the wall), Shavasana (Final Relaxation), Tad asana, Supta Udarakarshan asana, Chakki Chalan Asana, Kati Chakrasan, Setubandha asana, Bhadrasan, MeruAkarshan asana, Virbhadra asana, Uttana asana, Padma asana, Supta Bhadra asana, Gomukh asana, Matsya asana and Ushtra asana.

PRANAYAM

Nadi Shodhana, Ujjayi, Sheetal, Shitkari and Bhramari Pranayam

MEDITATION

OM Chanting, Vipassana and Preksha Dhyana, Soham, Makar Chanting, Yoga Nidra, Yogic Deep Breathing, Kirtan, Japa and Nadanusandhana.

ASANAS

TADASANA (PALM TREE POSE)

Tadasana is a great yoga pose for pregnant women. It helps to strengthen your spine and eases your back pain too.

How to Do:

- Stand with feet spread out at hips width.

- Keep your spine erect, with hands resting on either side of the

IMPORTANT NOTES

Avoid lying on your back after the first trimester; it can reduce blood circulation to the uterus.

For the first trimester, standing Yoga Poses are advised as this will help strengthen the legs, enhance circulation, generate energy, and may reduce leg cramps.

During the second and third trimester, you may reduce your time spent for practicing the Asanas to prevent fatigue and overwork. Instead focus more on breathing and meditation.

It is also not advised to practice from the tenth through the fourteenth week of Pregnancy since these are crucial times. Do not overstretch the abdomen; the emphasis of your twisting poses should be on the shoulders and the upper back and not on the abdomen. Avoid doing inversion.

From the second trimester – when your centre of gravity starts to shift – do all standing poses with your heel against the wall or use a chair for support, to avoid losing your balance and risking injury to yourself or your baby.

thighs.

- Stretch your hands and join the palms in Namaskar Mudra.
- Elongate your spine while inhaling deeply. Lift your hands above your head at the same time.
- Stretch your spine as much as possible. But remember not to put pressure on your back.
- Now, tilt your head backward and keep your eyes on the fingertips.
- Hold the pose for a slow count of 10. Don't forget to deeply breathe in and out.
- With a deep exhalation, relax your body and bring your feet back to the floor.
- Rest your hands with palms on the thighs.
- This completes one repetition. Do five such repetitions.

VIRBHADRASANA (WARRIOR POSE)

Virbhadrasana is good for your entire body. It works your back, chest, and hip muscles. It is a great pose for strengthening your lower body too.

How to Do:

- Stand erect with your feet together.
- Keep your hands on either side with palms facing your body.
- Now, spread your feet hip width apart.
- Place your left foot firmly on the ground and turn your body completely to the right.
- Bend your right knee.
- Take a slow, deep inhalation and slowly lift your hands above your head, palms joined together in Namaskar mudra.
- Stretch backward, without exerting your back. Fix your gaze on the fingers.
- Hold the pose for a count of 10 to 15 while breathing normally.
- Now breathe out slowly while bringing your hands down.
- Straighten your knee.
- Slowly bring your feet back together.
- Repeat the same steps on the other side.
- This makes one repetition. Do five such repetitions.

TRIKONASAN (TRIANGLE POSE)

Pregnancy can take a toll on your digestive system. In pregnancy yoga, the Triangle Pose is a great way to ease pregnancy related digestive disorders. Not just that, this pose is also a great way to improve hip flexibility. That is something that will come handy during labor!

How to Do:

- Stand erect with your feet together.
- Make sure your hands are resting on either side of the body, palms facing the thighs.
- Slowly spread your legs. The toes of both your legs should be parallel to each other.
- Lift your hands, with palms facing the floor. Make sure your hands are aligned with your shoulders.

- Take a deep breath and bend leftwards.
- At the same time lift your right hand upwards.
- Tilt your head to the left and fix your gaze on the finger-tips of the right hand.
- Hold the position for about 10 to 20 counts.
- Continue breathing normally.
- Now breath out slowly and lift your body up to come back to the initial pose.
- Repeat the steps on your right side.
- This makes one repetition. Do five such repetitions.

UTTANASANA (STANDING FORWARD BEND)

Are your legs and back giving you trouble? Well, you should try Uttanasana! Normally, forward bends are discouraged during pregnancy. But this pose is an exception.

How to Do:

- Stand straight with your feet 3 inch apart.
- Rest your hands beside your body, palms facing the thighs.
- Breathe in deeply and bring your hands above your head, palms spread out.
- While breathing out, bend forward.
- Simultaneously, fold your hands in Namaskar mudra.
- Continue breathing normally while holding the pose for a slow count of 10 to 15.
- Now take a deep breath and lift your body away from the ground to come back to the starting position.
- This makes one repetition. Repeat five times.

MARJARIASAN (CAT POSE)

The cat pose should be restricted to the first 26 weeks of the pregnancy. This pose improves your blood circulation levels. It also strengthens your wrists and shoulders.

How to Do:

- Kneel on the floor, with knees under your hips and palms under the shoulders.
- Keep your head straight.
- Take a deep breath and lift your chin. At the same time push back your head slightly.
- Keep your buttocks firm. Soon you'll feel a tingling sensation.
- Hold the pose for about 30 to 90 seconds while breathing deeply.
- Exhale and bring your chin near your chest.
- Relax your buttocks and arch the back as much as possible.
- Hold this pose for a count of 10 and then return to the starting position.
- Repeat this pose as many times as you can. But make sure to take a second break in between!



pose is the perfect way to relax your body after a yoga

floor.

all the st

Take your time.

straight.

cover your face with your hands and take t

- Massage your entire face – eyes, forehead,
- Tip: After the first trimester, try lying on your



IMPORTANT NOTES

nadi = subtle energy channel; shodhan = cleaning, purification; pranayama = breathing technique

Do not force the breathing, and keep the flow gentle and natural. Do not breathe from the mouth or make any sound while breathing. Also, do not use the Ujjayi breath.

Place the fingers very lightly on the forehead and nose. There is no need to apply any pressure.

In case you feel dull and are yawning after practicing Nadi Shodhan pranayama, check the time you take to inhale and exhale. Your exhalation should be longer than inhalation. Try and follow a 1:2 ratio for inhalation and exhalation.

Clockwise : Tadasana, Virbhadra asana, Trikona asana, Uttana asana, Marjari asana and Shav asana

PRANAYAM

is a beautiful breathing technique that helps the mind calm, happy and peaceful by practicing it for a few minutes. It also helps release accumulation of tension and fatigue. The breathing technique is named Nadi Shodhan, as it helps clear out blocked energy channels in the body, which in turn calms the mind. It is also known as Vilom pranayama.

How to Do Alternate Nostril Breathing (Nadi Shodhan Pranayama)

- Sit comfortably with your spine erect and shoulders relaxed. Keep a gentle smile on your face.
- Place your left hand on the left knee, palms open to the sky or in Chin Mudra (thumb and index finger gently touching at the tips).
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril, and the thumb on the right nostril. We will use the ring finger and little finger to open or close the left nostril and thumb for the right nostril. We can also use Pranav mudra.
- Press your thumb down on the right nostril and breathe out gently through the left nostril.
- Now breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger. Removing the right thumb from the right nostril, breathe out from the right.
- Breathe in from the right nostril and exhale from the left. You have now completed one round of Nadi Shodhan pranayama. Continue inhaling and exhaling from alternate nostrils.
- Complete 9 such rounds by alternately breathing through both the nostrils. After every exhalation, remember to breathe in from the same nostril from which you exhaled. Keep your eyes closed throughout and continue taking long, deep, smooth breaths without any force or effort.
- Nadi Shodhan pranayama helps relax the mind and prepares it to enter a meditative state. So, it is a good idea to do a short meditation after doing Nadi Shodhan.

BHRAMARI PRANAYAM

Bhramari pranayama is very effective in instantly calming your mind down. It is one of the best breathing exercises to release the mind of agitation, frustration or anxiety and get rid of anger. A simple-to-do technique, can be practiced anywhere at work or home, and an instant option available to de-stress yourself.

The exhalation in this pranayama resembles the typical humming sound of a bee, which explains why it is named so.

How To Practice Bhramari Pranayama (Bee Breath)

- Sit up straight in a quiet, well ventilated corner with your eyes closed. Keep a gentle smile on your face.
- Place your index fingers on your ears. There is a cartilage between your cheek and ear. Place your index fingers on the cartilage.
- Take a deep breath in and as you breathe out, gently press the cartilage. You can keep the cartilage pressed or press it in and out with your fingers, while making a loud humming sound like a bee.
- You can also make a low-pitched sound but it is a good idea to make a high-pitched one for better results.
- Breathe in again and continue the same pattern for 6-7 times.

This breathing technique derives its name from the black Indian bee called Bhramari. (Bhramari = type of Indian bee; pranayama = breathing technique)

Keep your eyes closed for some time. Observe the sensations in the body and the quietness within. You can also practice Bhramari pranayama lying on your back or lying on your right. While practicing the pranayama while lying down, just make the humming sound and do not worry about keeping your index finger on the ear. You can practice the Bee pranayama 3-4 times every day.



MEDITATION

OM CHANTING

The “om” chant that often begins and ends a yoga class reaches the baby in the uterus quite clearly. Fetuses’ ears are completely functional by week 16, and active listening starts by week 24. The late otolaryngologist (ear, nose and throat doctor) Alfred Tomatis believed embryos listen with their skin, saying the skin is like an ear in that world. To a fetus, the mother’s voice is clearer than any other voice. When a pregnant mother chants in a yoga class, the baby both hears her voice and feels the calming energy created by this vocalization. Chanting can be used as a resource for calming and connection.

Meditation is a healing process in itself which helps increase the level of prana or life force energy in the body, especially at a time when you are feeling lightheaded and low on energy. This is also the time when your baby needs energy the most for the growth of the baby and meditation is a natural source of energy available within you. Also, when you meditate, your body naturally starts choosing food that is life supportive. Over a period of daily meditation practice, you may start noticing a distaste for unhealthy or junk food. This is naturally good for your baby.

Sit in any comfortable meditative posture feeling completely relaxed.

Phase - I

Close your eyes and start chanting OM mentally. Allow the mind to repeat Om continuously without break. If there are distractions, you chant OM faster, not giving a chance for distractions. After a while the chanting slows down. Consciously slow it down further. If the mind jumps to distractions, again increase the speed of japa of OM kara. Thus, by increasing and allowing the speed to slow down, you should be able to have an unbroken stream of the japa in the mind.

Phase - II

Make the chanting softer and softer and gentler and gentler and more and more effortless. As you progress on the path of meditation, you will reach the second phase of japa in which you start feeling the vibration of the japa in some parts of the body and later throughout the body.

Phase - III

As you slow down the japa of OM. Observe the gap between OM. Further you slow down the gap widens and widens to diffuse into silence.

Phase - IV

The very deep experience of silence helps to expand from the 3-dimensional awareness of the body to all pervasive awareness. The bed of silence becomes deeper and more expansive - an ocean of silence with waves on it. Now merge into complete silence AJAPA. This silence is the source of Creativity, Power, Knowledge and Bliss.

Phase - V

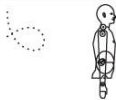
From this deep ocean of silence in the heart region, let one OM emerge as an audible sound which diffuses into the entire body and the space all around. Enjoy the beautiful vibrations. Blink the eyes slowly, gently open the eyes and come out of meditation.

Fitness and circulation



Reduces stress levels and nervous tension in the body

Improves posture and strength in the body



Hugs the muscles and Musculoskeletal joints, moving them through their full range of motion, which encourages mobility and eases pressure.

Strengthens the digestive system



Improves sleep

Improves the nervous system, including blood circulation, easing of muscle tension and the act of focusing the mind on the breath all combine to soothe the nervous system.



Stronger core and leaner muscles- all those vinyasa flows pay off!

Increase your level of gratitude and love for others and yourself.



YOGIYOG

YOGIYOG
GUIDE TO NIRVANA

