

# Pregnancy & Yoga

Pregnancy is a joyful time, however the body goes through many changes some you may already be feeling, so

- listen to your body
- rest
- drink as much as you need to
- eat, a light snack if need too during class, such as a banana
- do not overstretch
- move slowly into and out of poses

While practicing yoga there is no compressing or contracting the belly, as Mum-to-be the objective now is to create as much space through the belly for baby to have room to move and grow.

## Relaxin

Relaxin is a hormone released in the first trimester, and just before delivery, in high concentrations.

Because relaxin stays in your body all through pregnancy, and for as long as you breast feed, it is important to not go further in any yoga pose than you could before you became pregnant because overstretching can cause injury to joints and connective tissue.

## Emotional changes

Along with the obvious and the more subtle physical changes, also comes the emotional changes. Relaxin plays a huge role in affecting mood, try to be kind to yourself.

## Pubic Symphysis

A condition where relaxin releases the symphysis ligaments. If you have the condition sit cross legged (do not do Baddha Konasana or Sitting splits), and sit on a firm pillow when doing Swats.

## Savasana (Relaxation pose)

A yoga pose done lying back on your mat, however during pregnancy

- after 12 weeks lay back on a firm pillow, or
- lay on firm pillow on your left side, can also place another pillow between legs

The reason is the weight of baby compresses the vena cava, a vein that brings blood back to the heart.

## Twisting

Ok to do twists, but due to your growing belly don't twist too deeply, keep it in the upper chest rather than the stomach area.

## Best of all

Enjoy your yoga class and have fun.