



ONE FLOW YOGA

Top Twenty Tips for Practicing Yoga While Pregnant

- 1) Yoga is safe during pregnancy.
- 2) Yoga while pregnant is still yoga.
- 3) Listen to your body and your breath.
- 4) Yoga is time for you and your baby to bond.
- 5) Finding a yoga teacher who is knowledgeable about pregnancy is key.
- 6) Drink lots of water.
- 7) Yoga helps you prepare for labor—which is demanding physically, mentally, emotionally and spiritually.
- 8) You can start a new practice while pregnant if you are gentle.
- 9) Only continue regular vinyasa yoga classes if you can be humble and modify when necessary.
- 10) Avoid becoming fatigued or breathless during practice. Rest often.
- 11) Avoid warmer rooms (high 80s F+) unless you are used to it. (If you become breathless—stop immediately.)
- 12) 12 weeks is a reasonable number to start modifying your practice.
- 13) Avoid abdominals beginning in the 2nd trimester—plank and other core positions that don't involve significant increases in intrabdominal pressure are ok. (Traditional crunches may increase pressure. Avoid them.)
- 14) Open arms twists are a great option. Avoid any deep twisting.
- 15) Be very careful in backbends.
- 16) Your center of gravity changes in pregnancy. Be mindful of how you move.
- 17) In the third trimester lie on your left side for savasana.
- 18) Wait 6 weeks after birth, if you had a cesarean, to begin your practice. Wait 2 weeks if vaginal delivery. (Unless you had a large perineal tear—then 6 weeks.)
- 19) Every woman, pregnancy and practice is different. These are guidelines.
- 20) Yoga during pregnancy is less about pushing the body and more about getting in touch with the breath.

Always consult your healthcare provider before beginning exercise or yoga.