

Benefits of pregnancy yoga

TIME OUT for you & your baby to connect, bond and relax together

CONNECTION with other Mama to Be's to share & feel seen, heard & acknowledged

PREP for birth & mamahood using breathing, visualisations & signposting of antenatal information

MOVEMENT for your unique & changing body, to help ease any aches/pains/ailments & build strength

RELEASE tension & stresses through breathing & movement practices

REST is built into each class for you to feel nourished & promote deeper sleep

RELAXATION techniques that can support you to 'relax on demand' and settle the mind

Everything else can wait while you're on the mat!

Look forward to seeing you there.



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- What's special about pregnancy yoga
- How you can practice safely
- Benefits
- Do's and Dont's



Practicing yoga in pregnancy

What's different about pregnancy yoga?

If you've been used to doing yoga or physical exercise pre-bump, these tips are a helpful reminder of how you can safely practice to accommodate your unique and changing body and for the health of your baby. If you've been used to doing yoga or physical exercise pre-bump, these tips are a helpful reminder of how you can safely practice to accommodate your unique and changing body and for the health of your baby.

Here's a summary of the current safety guidelines as recognised by the British Wheel of Yoga:

ALL CLEAR: It's important that you have spoken to your doctor/midwife before practicing and have no complications.

CLASSES FOR BUMPS: Ideally join a yoga class for pregnancy, which is taught by a specially trained teacher and is focused on the pregnant body.

CHILL: Pre-natal yoga classes encourage you to slow down and relax – even if you're used to doing more and are feeling energetic. It's important to stop if it doesn't feel right.

TIMING: It's advisable to start practicing yoga after 15 weeks when pregnancy is more established and the risk of miscarriage reduces.

SNACKS: It's ok to eat a little before and after to prevent you feeling sick/faint/dizzy – especially if you haven't eaten for several hours!

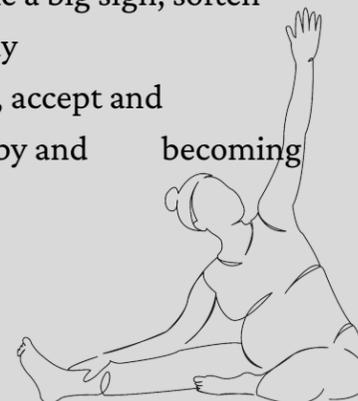
POSES: During a class tailored to pregnancy, you'll be shown how to come in and out of poses safely and you can come out of poses at any time.

YOU KNOW BEST: Listen to your body at all times.



Do

- Listen to your body, it's all about being gentle and slowing down
- Keep movements rhythmic and smooth – go with the flow
- Breathe well, make space by inhaling and exhaling deeply. Take long exhales (twice as long as inhale) and instantly feel released and relaxed
- Get comfy with props/blankets – especially to sit on, rest underneath your knees
- Pelvic circles & tilts realign the pelvis and make space
- Take micro bends in the knees when standing to make space in your lower back/back of waist
- Move slowly up and down, keeping knees together to avoid leaning on one side
- Openers for the heart & chest improves posture, back ache, breathe more easily, digestion
- Openers for the side ribs make space for the breath & digestion and helps with aches/rib flare
- Daily connection with baby – listen, feel, notice, talk to, bond, awareness of movement/count kicks
- Daily relaxing practice – take 20 mins for you! Breathe, Yoga Nidra relaxation, nap. All support a restful night's sleep
- Pelvic Floor exercises will strengthen, prep for birth and support post-natal recovery
- Balance energising practices with strengthening and rest
- Be aware of your changing body, hormones impact you physically and emotionally
- Rest whenever you need, exhale or take a big sigh, soften your body and let all tension melt away
- Let it go, this is time for you to release, accept and surrender in prep for birthing your baby and becoming a mother



Dont's

- Hold for no more than 6 breaths - too tiring & strong
- Avoid inversions – puts pressure on placenta & you risk falling on your bump
- Avoid over stretching – hormones make you bendy & it's easy to overdo it
- Avoid deep twists – gentle twists are fine
- Avoid fast, strenuous or hot practice – too much for the breath
- Don't jump from pose to pose/rush practice – it's time to slow it down

Avoid

- Hold breath/practice kalabhati – takes oxygen away from baby
- Lie on front or back after 16 weeks – disrupts blood flow to uterus

Pelvic Girdle Pain (PGP)

PGP usually describes 'general pain in the pelvis' in both front and back. It is common, affecting 1 in 5 pregnant women. However each woman can have different symptoms.

Yoga can help and I can offer specific tips and resources - please let me know if you would benefit.