



Yoga for Pregnancy – Precautions

As with any other forms of exercise, some precautions should be observed during pregnancy. Key to this is to move mindfully and gently cultivating an inner awareness of the changes within.

Dos	Don'ts
Move slow, gentle and fluid.	Be careful in transitions (moving from pose to pose). Don't jump. Don't twist deeply, squat deeply or fold forwards if it feels awkward.
Listen to your body. Learn to under-do. Rest when you need to. Be intuitive.	Don't over exert or over stretch (your body is working harder and your ligaments looser in pregnancy).
Breathe continuously, exhaling completely.	Don't hold your breath. Or, practice any vigorous pumping breaths (e.g. bhastrika, Kapalabhati).
Use props and support (to avoid overstraining and for comfort and joy).	Don't rest on your front. Don't lie on your back after 30 weeks. Avoid any posture that feels uncomfortable to you.
Let comfort and joy be your priority. Make time for yourself and your baby within.	Don't rush your practice. Conversely, don't hold a pose for longer than 5 breaths.
Practice pelvic floor exercises (e.g. mulabandha). Learn to identify, tone and release your pelvic floor muscles.	Don't maintain a lifted mulabandha for longer than a single breath.
Find the postures that work for you at the different stages of pregnancy and those that might be useful during childbirth.	Avoid dynamic or hot yoga practices.
Practice yogic relaxation and visualisation techniques (e.g. chanting, humming and sound practices) if they resonate with you. These may be useful for managing pain and discomfort during pregnancy, childbirth and beyond. Pregnancy, birthing (and subsequently motherhood) are processes of letting go, of strength in softness.	Don't continue if fatigue, lightheaded, or if anything does not feel right for you.