

# Prenatal Modifications

THE FOLLOWING IS MEANT AS A GUIDE.

PLEASE LISTEN TO YOUR BODY AND KNOW THAT YOU ARE YOUR OWN BEST TEACHER.

MOVE SLOWLY, AND WITH AWARENESS, AS YOU WOULD IN ANY YOGA CLASS.

## THINGS TO AVOID:

COMPRESSION OF THE BELLY (ROUNDING) - Forward folds, abdominal, pulling belly up and in etc.

TWISTING POSTURES THAT CLOSE OFF THE PELVIS - Seated twist, Reverse Half moon, Revolving Crescent Lunge

LYING ON THE BACK FOR TOO LONG

FULL UP DOG - when belly is too large

JUMPING FORWARD - step forward instead

## POSTURES THAT HELP:

VERTICAL FROG POSE - any opening of the pelvis and front hips will assist in childbirth

WIDE LEG FORWARD BENDS - opens the hips

BACKBENDS - Standing backbend, Camel, Dancer's

HIGH AND SIDE PLANK - modified or full

EXTENDED CHILD'S POSE - knees apart

EAGLE - Helps facilitate movement of the lymphatic system to promote immunity and decrease swelling of joints

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## COMMON POSTURES & MODIFICATIONS

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CHILD'S POSE - wide-legs and minimal pressure on belly

DOWN DOG - 2/3rd TRI use wide-leg stance

FORWARD FOLD - 2/3rd TRI use wide-leg stance

MOUNTAIN POSE - 2/3rd TRI use wide-leg stance

HALF-LIFT - 2/3rd TRI use wide-leg stance

CHATURANGA DANDASANA - No jump back

- OPT 1. Hold High Plank
- OPT 2. High to Low then Down Dog

UP DOG - Avoid in 3rd TRI

CHAIR POSE - 2/3rd TRI use wide-leg stance

WARRIOR II - ok

SIDE ANGLE - ok

CRESCENT LUNGE - ok

REVOLVING CRESCENT LUNGE - Avoid. Hold hands at heart center

RUNNER'S LUNGE - Make room for belly

SIDE PLANK -ok

PRAYER TWIST - Avoid. Keep arms lifted

GORILLA - wide-leg stance, hands to toes or shins

CROW - Avoid. Instead, Frog Pose or Bound Angle

EAGLE - Keep back vertical

DANCER - ok

TREE - Modify foot placement as needed

CORE WORK - substitute high, low and side planks, leg lifts

TRIANGLE - ok

HALF PIGEON - Stay vertical

WIDE LEG FORWARD BEND - ok

SPINAL TWIST - substitute wide legged seated forward bend

HAPPY BABY - ok until uncomfortable

FETAL POSITION - lay on left side