

Welcome to Prenatal Vinyasa Yoga

Congratulations on your pregnancy!

This is a wonderful, transformational time and yoga can help strengthen your body for the enormous physical demands of childbirth and motherhood. Although prenatal vinyasa yoga is a safe form of exercise, there are a few precautions to be aware of before starting ANY prenatal activity:

- Although we do not require a doctor's note to attend class, we do require that you have informed your health care provider (doctor or midwife) and gotten the "okay" to practice yoga before taking this class.
- If you feel any pain in your back, knees, or abdominal area, you should come out of the pose you are in. You should never have pain or discomfort in ANY pose
- If you feel menstrual-like cramping at any time, you should stop and rest and inform the instructor.
- Typically before doing yoga, it is best to abstain from eating (at least 2 hours). Since during pregnancy, your stomach has less room and you are "eating for two," you may need to have a light snack or a juice or smoothie an hour before practicing.
- Do not overstretch! When you are pregnant, your body releases a hormone called relaxin that is responsible for opening up the pelvis. This hormone is not specific to the pelvis however; it lubricates every joint and connective tissues. If the joints are overstretched, they may become unstable.
- You should be able to maintain normal (ujjayi) breathing throughout the practice without getting winded or out of breath. Ujjayi breathing is slow and deep through the nose. There is no limit on what your heart rate should be as long as you can carry out a conversation while exercising.
- Please make sure you are drinking plenty of water as dehydration can cause contractions, dizziness and headaches.
- Move into every pose slowly and mindfully.
- If this is your first class, only do 50-80% of what you think you are capable of to see how your body responds. Rest in child's pose often.
- Make sure you are not compressing your belly in any pose (especially forward folds and twists). When forward folding, spread your legs wide enough for the belly to comfortably fit between your thighs. If you are having any back pain, keep your knees bent while entering and exiting forward folds.

If you experience any of the following symptoms, please let your instructor know and stop your practice:

- Vaginal bleeding
- Fluid leaking from the vagina
- Fainting
- Heart palpitations
- Dizziness
- Blurred vision
- Sharp pain in the abdomen or chest
- Swelling, pain and redness in the calf of one leg

Please inform the instructor of any injuries or medical conditions before class begins! Specifically, please let your instructor know if you have or have had any of the following:

- Carpal tunnel
- Gestational diabetes
- Preterm labor
- High or low blood pressure
- Twins or multiples
- Breech baby (after 35 weeks)
- Any other medical or pregnancy related condition or pre-pregnancy medical condition or injury.