

PREGNANCY

YOGA TEACHER TRAINING



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PREGNANCY AND MOTHERHOOD

Motherhood is said to be the purest form of human existence as it involves nurturing and loving one's child deeply without any expectations. Motherhood creates many responsibilities and often changes a woman as a person.

Mothers are the most special person in an individual's life. Being a mother comes with a lot of responsibilities, struggles, difficulties and compromises. Motherhood is all about new experiences and learning new things every day.

"Motherhood is wanting the best of others and not expecting anything in return. There is motherhood in each and every one of us."

Gurudev Sri Sri Ravi Shankar

This might be surprising but whether we realize it or not, the moment a woman is born, motherhood takes birth. It's the motherhood in the

woman that makes her a beautiful human being that she is. Each and every one of us has been a mother whether we are a man or a woman.

In ancient India, Yoga was such an intricate part of life fabric that it was never considered as a vocation. Even one of the Deities called "Lajja Gauri" or "Mother of Modesty" depicts a pregnant goddess in birthing position. Lajja Gauri is a Hindu goddess associated with fertility, abundance, and sexuality. Some of these depictions were found in the excavations of Indus Valley civilization.

Lajja Gauri Maa - A Hindu Goddess



Pregnancy is a very precious and important event in a woman's life where the complete care of both mother and the baby is utmost important.

Prenatal care, even before planning pregnancy, helps in safe conception as well as delivery of a healthy infant and prevents the complications of pregnancy. From the moment of conception, the mother's body begins

to transform in many ways to accommodate the new life nurturing within her. As the baby grows and develops, mothers need to adjust both physically and emotionally.

Pregnancy-related discomforts due to anatomical and physiological changes can be very stressful to women. They have to understand and recognize that these symptoms in motherhood stage are temporary and that there are ways to cope up with them. Failing to understand these basic facts may affect the development of the fetus.

But no matter how hard life may seem, a woman is a representation of "**Shakti**" - The energy that creates the world, it's by who everything is. She is the one who brings a new life to the world.

A woman is unique and unique are her ways! A woman's life should be a celebration because it is said that if the women in the house are happy the family is happy. If the family is happy society is happy and if society is happy, the nation is happy.



CLASSIFICATION OF PRACTITIONERS

For the purpose of the practice in pregnancy, we do our assessment on a simpler parameter - The duration of practice session, time for which a practitioner is practicing, frequency or regularity and the state of the body.

A student or the pregnant woman who is practicing yoga can be divided into three categories:

1. Beginner Level

2. Intermediate level

3. Advance level

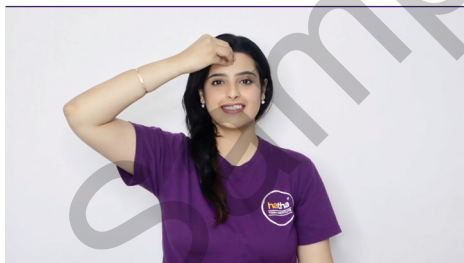
Level	Beginner	Intermediate	Advance
Span of Yoga practice	Practicing for about 3 months or less or having high risk pregnancy	Practicing for more than 3 months but less than 1 year	Practicing yoga for more than a year
Frequency of practice	Once in a while or doing short practices for 15-20 minutes a day	Practicing 2-3 times a week. Practicing for at least 45 minutes a day	Practicing advanced postures regularly
State of the body	Body is not very flexible	Body is ready for stretches	Body is flexible
Type of Practice to be encouraged	Gentle practice, more rest and relaxation	Gentle practice with asana and relaxation	Safe variations can be done of Pre Natal asanas only

SUKSHMA VYAYAMAS FOR PREGNANCY

Stretches for Head Region:

- Massage top of the head -Temporal Tapping
- Forehead Massage and Fist Tapping
- Temple, Ear, Eyes and Eyebrows. Nasal Line, Jaw, Mouth
- Opening and moving left and right
- Tongue, take it out and move it left and right.
- Filling the mouth with Air

Forehead Tapping



Head Tapping



Lower Back:

- Axial extension – Using hands on thighs
- Pelvic tilt movements – With marjari asana
- Simple side twists – Mobilization

Step 1.



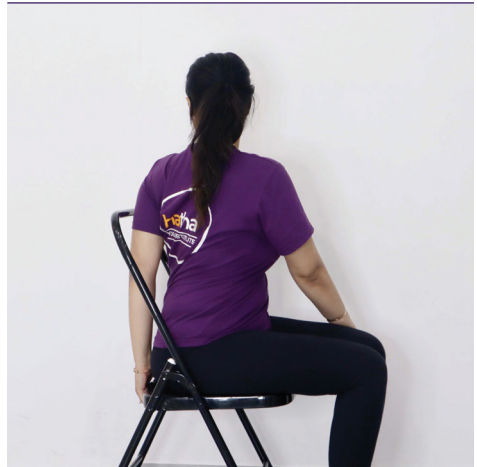
Step 2.



Step 3.



Step 4.



Hip and Waist:

- Standing Rotation
- Posing a cushion between the thighs
- Star Stretches with slow movements
- Side sways – Pendulum

Step 1.



Step 2.



Step 3.



Step 4.



Star Stretch



Knees:

- Quad Contraction

Step 1.



Step 2.



- Knee Isometric with a block or cushion under knee

Hamstring Strengthening



Calves and Ankle:

- Stretch and contraction
- Goolf Ghoornan
- Flexion and Extension
- Adduction and Abduction of the Foot

Phalanges and Sole:

- Flexion and Extension
- Pinching



Tips

- Stand on both feet Equally
- Sit up from bed by turning on the sides
- Sit on the full Hamstrings and buttock not just on buttock
- Lift objects after bending the knees

Sample Book