



Mindful BeginningsSM Prenatal Yoga Guidelines

Congratulations on your pregnancy! What an amazing time this will be for you (and your baby) as you journey into motherhood!

If you're new to yoga, or you're the veteran yogini - Lisa Pedersen's prenatal yoga classes have been designed to accommodate any and all of your needs.

A steady prenatal yoga practice can help you prepare for childbirth: physically, emotionally, and spiritually. Remember to listen to your body, as each pregnancy is different, even for the same woman! Please alert Lisa to any history of injuries before class begins, and any "pregnancy-related" ailments you're currently experiencing. Lisa will attempt to tailor the yoga class in a way that may help alleviate the ailment, while at the same time, offer yoga poses conducive to birthing.

Class runs 1.5 hours. The first 15 minutes you can expect introductions and sharing of any concerns/thoughts you have with your fellow classmates. Yoga mats are provided, although you may want to bring your own for hygiene. Part of class may be spent using the wall for extra support during standing poses. During savasana (final relaxation) at the end of class, Lisa either provides birth imagery or may offer an adjustment. If you'd rather not be touched, please let Lisa know.

Below you'll find general guidelines when practicing yoga while pregnant:

1st trimester: Usually the time where you're fatigued, nauseous and dizzy. This is the time to work on your breathing and visualization. Hold back on your yoga practice if need be! Honor your body for what it's going through! Resting in child's pose is completely acceptable at any time during class.

2nd trimester: Free of many of the earlier 1st trimester ailments, this time is for strengthening and stretching. A note of caution: This is not the time to push yourself way beyond your edge. When your ligaments become relaxed due to the hormone "relaxin" you may feel like you want to stretch, stretch, stretch. This is when problems, particularly after birth, can occur. Any pose



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where you may contract or compress the growing abdomen is to be avoided (forward bend can be done with legs hips-width apart.) Asanas (postures) done on your back are avoided at the 20-week mark. (Please remember- if you wake up during the night on your back, calmly roll over! If you stress yourself out, the baby will feel it!!)

3rd trimester: We will work on yoga breathing- one of the most effective ways to get oxygen to the baby during pregnancy. Also, the yoga breath is an effective way to breathe through a contraction. Be sure to keep your breath flowing. Never hold your breath, but rather breathe steadily and evenly. Work on elongating your inhalations and exhalations. This will help reduce stress in your life and help you achieve that state of calm we all desire.

If ever you have any questions, you may email Lisa at:
lisa@mindfulbeginnings.com

Lisa has also worked with over 500 couples in her Mindful Beginnings ChildBirth Education Classes. She has travelled locally and nationally to present her unique and comprehensive approach to birthing. Not only does she look forward to working with you in your prenatal yoga class, but welcomes the opportunity to work with you and your birth partner. And, if your schedule doesn't permit you to attend Lisa's yoga classes, you still may attend the Birth Classes/workshops and retreats. Please contact Lisa for dates/times/rates.