

mamashanti mother peace yoga

Thinking of practicing prenatal yoga? Here are a few tips to consider...

When should I start practicing? To give your body time to adjust to the changes of pregnancy, it's best to take the first trimester of pregnancy very easy. It's always advisable to discuss with your GP/ midwife your intention to start any exercise program during pregnancy. Once you've got the all clear that your pregnancy is well established, prenatal yoga is safe to practice from the start of the second trimester, through to labour.

Try to take each day as it comes and cultivate a sense of acceptance and contentment with the physical, energetic and emotional changes you are experiencing. Your experience of pregnancy is unique; on any given day your energy levels and range of movement may vary, try to accommodate these changes.

Listen to your body's and your baby's messages and feel empowered to act upon these messages as you are the best judge of how you are feeling. If you feel uncomfortable during any of the practices, please stop. *If you need to rest... please rest!*

Remember to breathe each breath you take nourishes your growing baby; try to avoid holding your breath.

Move with care be mindful of moving within your body's range of physical capabilities, try to resist the urge to over stretch.

Protect your mid and lower back confine movements of the spine to the upper half of your back, this area often over compensates for changes to body shape, with tension/ slumping through the shoulders and neck. Generally try to avoid strong twisting; deep lateral stretches; strong abdominal work and back arching.

Balance effort with comfort while aiming to sustain good levels of strength and fitness through pregnancy, try respecting your body's range of movement and adapting your practice to suit where you are at any given time. *As a general rule, less is so much more!*

Wear comfortable, stretchy lightweight clothes, you may like to bring an extra layer and pair of socks to wear during relaxation.

Help manage your energy and blood sugar levels eat a light meal no more than an hour before class and drink plenty of water. Bring a bottle of water to drink during class and a light snack to eat immediately after class.

Practice, practice practice regular practice of even the "simplest" stretches will help you to keep open and flexible. Talk to your instructor for a program of yoga to practice at home.

Talk to your yoga instructor if you experience any discomfort during or after class, and or to help adjust your practice to suit your needs.

Relax this is your time to nurture yourself and your growing baby. Conscious relaxation will restore and energise your body and mind as you consolidate the benefits of your yoga practice. By practicing prenatal yoga you'll nurture yourself physically, emotionally, spiritually and energetically to help prepare for the months of pregnancy, childbirth and motherhood beyond.

It's all about consciously moving, breathing, standing, sitting, stretching. It's about choosing to make your experience of pregnancy more comfortable and more joyful.

Please note this information is offered as general guidelines to the practice of prenatal yoga and should not be used as a substitute for medical/ healthcare advice

Please contact **mamashanti** mother peace yoga 0432078899 for permission to use this information.