

# Yoga For Pregnancy – What to AVOID!

Source: <http://georgewatts.org/?cat=4>

## To be avoided at all times:

- **Jumping** (too much stress on the cervix)
- **Double leg lifts** (too much stress on the abdominals/lower back)
- **Back bends** (too much compression on the lower vertebrae)
- **Over stretching** (ligaments & tendons soften during pregnancy but will not rebound if over-stretched, causing uneven wearing of the cartilage later in life)
- **Inverted postures** (can cause compression of the placenta, which may interrupt the flow of oxygen to the baby. Can also be problematic with high blood pressure)
- **Holding the breath** (restricts flow of oxygen to the foetus)

## To be avoided in the 1st trimester (0-14 weeks)

- **Twists** (can cause or aggravate extreme nausea)
- **Any poses which over-stretch the lower abs** (can prevent the fertilised egg from embedding in the early stages)
- **Standing still for any length of time** (reduce blood pressure can cause dizziness and fainting)
- **Strenuous poses**
- **Warning** - the weeks between 12 and 14 are when most miscarriages occur. This is because the placenta is taking over the progesterone production from the ovaries. It is best to rest as much as possible during this time.

## To be avoided in the 2nd trimester (12-28 weeks)

- Lying supine the legs straight when the bump begins to swell (this can cause compression of the vena cava, affecting the blood return from the legs, causing dizziness and restricting blood flow to the baby)

## To be avoided in the 3rd trimester (29-40 weeks)

- **Anything strenuous** (don't hold poses for too long)
- **Lying supine**, even with the legs bent, unless some lift (small cushion) is placed under the right hip
- **Deep squats** (may affect the optimal foetal position) and any squats if the baby is breech.