

ANTENATAL YOGA WITH LISA

GENERAL ADVICE FOR PREGNANT LADIES DOING YOGA.

Welcome to yoga.

Yoga is the Sanskrit word meaning yoke or join. Yoga “joins” the mind, body and spirit. During pregnancy yoga can also connect you to your baby. Practising yoga throughout pregnancy gives the opportunity to create a peaceful and healthy body for your baby.

- ❖ As a guide it is suggested that pregnant ladies wait until they are around 15 weeks until they begin to attend a yoga class.
- ❖ Please ensure that you inform your health professional about your attendance to a yoga class
- ❖ Clothing should be loose and comfortable to keep you cool, it is preferable to practise in bare feet to avoid slipping.
- ❖ Bring a bottle of water with you and take small sips.
- ❖ It is ok to eat a healthy snack before class if you haven't eaten for several hours and feel dizzy/sick/faint. Try not to eat a meal one to two hours before class.
- ❖ Listen carefully to your body it is often the best guide of what you can or cannot do. If you feel any discomfort stop. It is better not to hold standing positions for too long.
- ❖ Particular attention should be paid to the pelvic floor during awareness in postures and breathing practise.
- ❖ Be gentle with yourself and enjoy your practice.
- ❖ Allow the class to be time for you and your developing baby, to bond, to feel, to rest and rejuvenate but most importantly to cultivate a deeper awareness of yourself and your body, mind and spirit.