

Yoga suggestions for pre and post natal issues

Issue	Poses/Actions to offer	Poses/Actions to avoid or modify
Morning Sickness	Golden Seed / Thread Breath	Standing Forward Fold
	Thunderbolt Sun Salutation	Downward Dog
	Mountain	
	Upward salute flow	
	Tree	
	Supported easy pose (on chair or bolster)	
	Supported child's pose or upward facing child's pose	
	Pranayama: sheetali (cooling breath)	
Savasana		
Light headed / Dizzy	Check in with care provider!	Poses with arms above head like Upward Salute or Warrior 1
	Eat a snack and drink water	
	Modify poses to keep arms below head, do standing poses against wall or in chair	
Fatigue	Supported Child's pose	Any pose that depletes you
	Extended puppy pose	
	Downward facing dog	
	Warrior II flow	
	Triangle	
Indigestion	Heart openers like upward salute arms, cactus arms, camel	Poses with. head below heart like standing forward fold, down dog
	Side stretches	
	Supported reclining bound angle or child's pose	
	Arms overhead, wiggling fingers one hand at a time	
	Sheetali pranayama (cooling breath)	
	Sidelying savasana	
	Supported easy pose (on chair or bolster)	
Sciatica	Pigeon - seated, at wall, or on back in first trimester	Seated and standing forward bends beyond 90 degrees
	Keep feet in neutral in standing poses	
	Low lunge	Garland unless with support
	Firelog	
	Supported garland	
	Side lying savasana with aggravated side up, top knee elevated to hip height and ankle a few inches higher.	
Down dog at wall or counter		
Sacroiliac Joint Pain	Polar Bear	Asymmetric forward folds - make sure to move pelvis with spine. Warrior 1 (do lunge instead to avoid torque)
	Pelvic Tilts	

	Wave Squats	
Low back pain (other)	Hip openers - bound angle, pigeon, squat on block, low lunge Hamstring stretches - forward fold, down dog at wall Child's pose Cat stretch Pelvic Tilts Wide legged forward fold to block with twist	Forward folds
Pubic bone pain (Symphysis pubis dysfunction-SPD)	Mountain / Chair /Constructive Rest squeezing legs together with pencil or block between knees Keep legs together and symmetrical when moving Keep feet forward Keep foot elevated in side lying savasana Bind pelvis	Legs apart or moving independently like Warrior, Lunges, Wide-legged stance, bound angle pose Feet pointed out like Goddess pose. One legged balance poses like Tree or Eagle.
Wrist pain or swelling	Use fists rather than open palm. Finger Flicks Roll up mat and place under heel of hand Use forearms rather than hands/wrists Stretch wrists - circling, flex and point, clasp hands	Avoid long periods of time on hands and knees or down dog.
Foot or ankle swelling	Legs up the wall Mountain - up on toes then on heels (Rising Mountain) Circle ankles, flex and point ankle Thai Goddess. Active feet in all poses - spread or lift toes	Long periods of standing
Breech baby	Legs up the wall, supported bridge, down dog See spinningbabies.com	Deep squat positions
Post Partum (general) <i>(These are particularly appropriate for post partum activity. Many other poses are also appropriate)</i>	Squats Blueberry, Umbrella Breath Baby backbends - sphinx, bridge Rest - and exert only to 80% due to relaxin	No crunches until at least 10 weeks post partum Extreme backbends like Wheel, Up dog If spotting or bleeding, rest rather than exertion
Diastisis Recti	Log roll when getting up until after DR is resolved Bridge with block between knees Pelvic Tilts Pilates heel slides, toe taps, quadruped lift, hissing head lift	Crunches Backbends like camel, wheel, up dog, full cobra Supported chest openers

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.