

Pregnancy Yoga

**...giving children
the best start**

Yoga can help you focus on your body and use your breath to stay calm, which may help you during labour. For some mums, it may also mean a shorter labour and help you avoid having to have a c-section. Your yoga session gives you a special relaxing time to focus on your body and your growing baby, as you will be very aware of how your bump is growing as the weeks progress.

Our friends at Tommy's advise the following:

- Keep cool – avoid styles of yoga that involve heat, such as Bikram. The Hatha style of yoga is great for during pregnancy as it is gentle and avoids you getting overheated.
- Your centre of gravity will change during pregnancy so you are more likely to lose your balance. Move slowly and use support, such as a wall or a chair.
- Be careful not to overstretch or push yourself too hard. You are more at risk of injury during pregnancy because your body produces a hormone, called relaxin, which softens the tissue between your joints.
- Avoid lying on your back for long periods, especially after 16 weeks of pregnancy.
- Avoid jumping in and out of postures.
- Do not hold your breath – keep breathing deeply and evenly throughout the exercises.
- Stop if it hurts or you feel dizzy or out of breath.
- Follow your teacher's advice on which positions and exercises are suitable during pregnancy.



The NHY has a great pregnancy yoga session for you to follow online at: [Prenatal and postnatal yoga video - NHS \(www.nhs.uk\)](https://www.nhs.uk)

If you'd prefer a class take a look at [pregnancy yoga teachers in nottinghamshire - Bing Maps](#)



Name of Activity

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Activity Details



*Place for
an image*

