

Pregnancy Modifications:

Standing Series

1. **STANDING DEEP BREATHING**— OK to do.

At late stage can stand with feet six inches apart.

2. **HALF MOON SERIES**—

Open feet 6 -8 inches and in Hands to Feet Pose, open feet 12” apart.

3. **AWKWARD POSE**—OK to do.

4. **EAGLE POSE**—OK to do.

5. **STANDING HEAD TO KNEE**—skip this pose entirely

6. **STANDING BOW PULLING**—OK to do.

7. **BALANCING STICK** — OK to do.

8. **STANDING SEPARATE LEG STRETCHING**—

Bend forward with hands to floor first, then OK to pull on heels.



9. **TRIANGLE POSE** — OK to do.

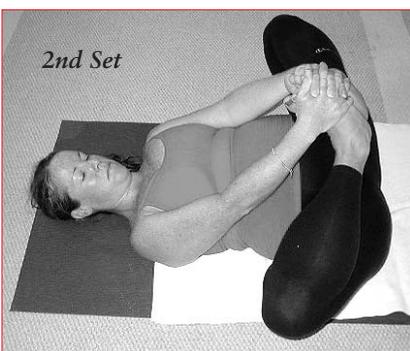
10. **STANDING SEPARATE LEG HEAD TO KNEE** — skip this pose entirely

11. **TREE POSE**—OK to do.

12. **TOE STAND**—Repeat Tree Pose.

Floor Series

13. **SAVASANA**—Relaxation on the Floor. Relaxation is on the side with one knee bent and one arm under head.



14. **WIND REMOVING**

POSE—First part right and left:

Pull right and left side completely away from abdomen. Second part of posture first set: grab knees and open wide to the side.

Second part of posture second set:

grab soles of feet together with both hands. Pull feet in towards the groin opening the knees wide.

15. **SIT-UP**—Avoid sit-up. Roll to the side to change from one posture to the other.

When the rest of the class does this first sit-up, you set yourself up for the next three modification postures (see back of page) replacing Cobra, Locust, Full Locust and Bow.

No Cobra Series!!!

pregnancy modifications continue on back page

Floor Series Continued

No Cobra Series!!! Replace with 16, 17 & 18



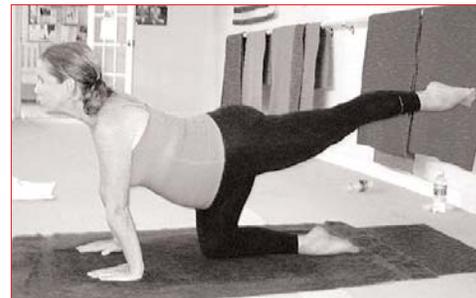
16. **HALF FISH**— While the rest of the class begins their first set of Cobra Pose, you begin one set of half fish. Lay on the back and lift chest with the help of the elbows and place top of head on the floor with chest lifted and legs out straight and relaxed. Hands down to sides, palms facing down.

Hold for 20 seconds, release and rest for 20 seconds. Repeat.



17. **BRIDGE POSE**—Bend knees, bring feet as close to the hips as possible. With feet flat on floor, lift hips up and hold for 20 seconds. Bring hands down to sides, Palms facing down. Repeat.

18. **KNEELING LOCUST**—On all fours, hands under shoulders. Stretch right leg back and hold for 20 seconds, then left leg back for 20 seconds and rest for 20 seconds and repeat.



19. **FIXED FIRM**—OK to do.



20. **HALF TORTOISE**—Open knees wide, feet together.

21. **CAMEL**—OK to do.

22. **RABBIT** — Skip entirely

23. **HEAD TO KNEE**—OK to do

24. **STRETCHING**—First set, second part: Legs are wide in a split. Grab toes and pull body down (bending knees OK). Second Set, second part: bring soles of feet together and place hands on the knees to push knees down. Shrug shoulders to the ears.

25. **SPINE TWISTING (HALF POSE)** With leg straight out and elbow against knee.



26. **BLOWING IN FIRM**—OK to do.

Modifications for second part of Head/Knee/Stretching Pose