

## The First Trimester

Simple techniques to help you ease into your pregnancy.

### Congratulations on your pregnancy!

Women should take it easy for the first 12 weeks to allow their bodies to adjust to the changes of pregnancy. Our yoga classes are for healthy women in their 2<sup>nd</sup> and 3<sup>rd</sup> trimesters and can be safely attended right up until you go into labor. Consult with your physician/midwife before starting any exercise program, women who have a history of miscarriage or had trouble conceiving should wait until 16 weeks to give the pregnancy time to settle. Talk to your yoga instructor if you have questions about exercises that can be practiced in the first trimester.

### Yoga to practice at home

First thing to remember is that every pregnancy is different, even for the same woman, so it is best to listen to your body at all times and only do what feels right to you. If you are new to yoga, now is not the time for over-achieving, so take it easy, especially when trying new poses. Mamaste Yoga Routine One is safe for you to practice at home. If you have questions about any of the postures, feel free to contact one of our instructors.

### New Breathing

Now is a great time to start practicing your new Yoga Breathing. During pregnancy we reverse the 3-part breath. Normally, one would inhale from the abdomen first and exhale from the abdomen first- however in pregnancy we reverse this to help prepare for childbirth.

1. Sit in a comfortable supported position, place one hand on your belly and the other hand at your upper chest.
2. Inhale and feel as if the belly were filling with air, then expand the ribs and finish your inhale by filling the upper chest.
3. Exhale and empty the upper chest first, followed by the ribs and the belly, then finish by imagining the breath leaving through the vaginal opening.
4. Continue for several minutes.
5. If you feel light-headed, return to regular breathing. It takes time for the body to adjust to the increased oxygen.



### Finding Stillness

Take a few minutes everyday for yourself, whether it be for centering, meditation, breathing, prayer, reflection, journaling- whatever keeps you grounded. There are many changes you will be going through over the next year, physically and emotionally. Learning to take time for yourself now will help you cope with these changes and to accept them with openness.

### Gentle Stretching

Warm-up type stretches and certain restorative yoga postures are safe and gentle ways to get blood circulating, ease the pains of physical changes and alleviate morning sickness. These stretches include; half neck rolls, shoulder raises, wrist stretches, self-massage, Complete Breath, Simple sitting, Cobbler pose, ankle rolls, Simple Seated Twist, Lying Release, Side Rolls and Deep Relaxation.

### Talk to your doctor

Talk to your doctor about your exercise plans and be sure to get a signed permission form so you can attend yoga classes when you reach the end of your first trimester. See you in class!

Student Handouts

Mamaste Yoga™

First Trimester

Karen Prior  
Registered Yoga Teacher