

# BYC hot yoga Pregnancy Series



Congratulations and welcome to your Bikram Yoga Pregnancy series. If you have had a regular practice for at least a year prior to pregnancy you can continue your Bikram Yoga practice from your 2nd trimester. We do not advice practicing Bikram Hot Yoga during your first trimester.





The Pregnancy series advises you to work for a maximum of 60 minutes during the usual 90 minute class. You will be omitting deep forward bends and compression postures. Keep in mind that the aim of practicing yoga whilst you are pregnant, is the health and wellbeing of your baby. If you are used to going deeply into postures, focus more on breath and alignment.

Please do not over exert yourself. Remember to come out of the postures early if you need to. During your pregnancy, you will have a hormone called relaxin moving through your body.

This hormone will soften your bones and joints to prepare you for giving birth. Therefore, as you will feel more open, it is very important to make sure you do not over stretch and go further into postures than you did pre-pregnancy. Another important thing to be aware of is,

as your baby grows, your abdominal muscles, move, therefore you have less abdominal support. This in turn means less support for your lower back, so go gently.

Take it easy.

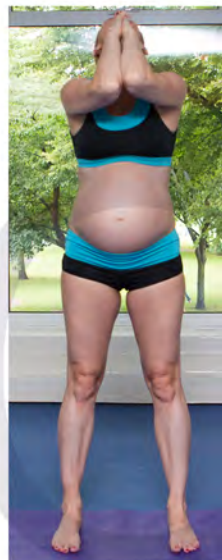
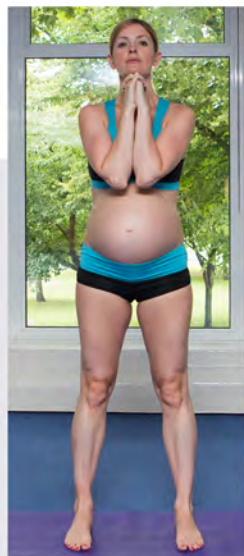
Listen to your body.

Enjoy!



# Standing Deep Breathing

*Pranayama*



**Practice as normal.  
Separate your feet hip width apart  
for better balance and stability.**

# Half Moon

*Ardha-Chandrasana with Pada-Hastasana*



**Keep your feet hip width apart.  
Due to having less abdominal support, please  
do not come down as far as usual. This will  
protect your lower back. Please do not feel you  
have to stay in the posture for the full duration.**

# 1st Backward Bend

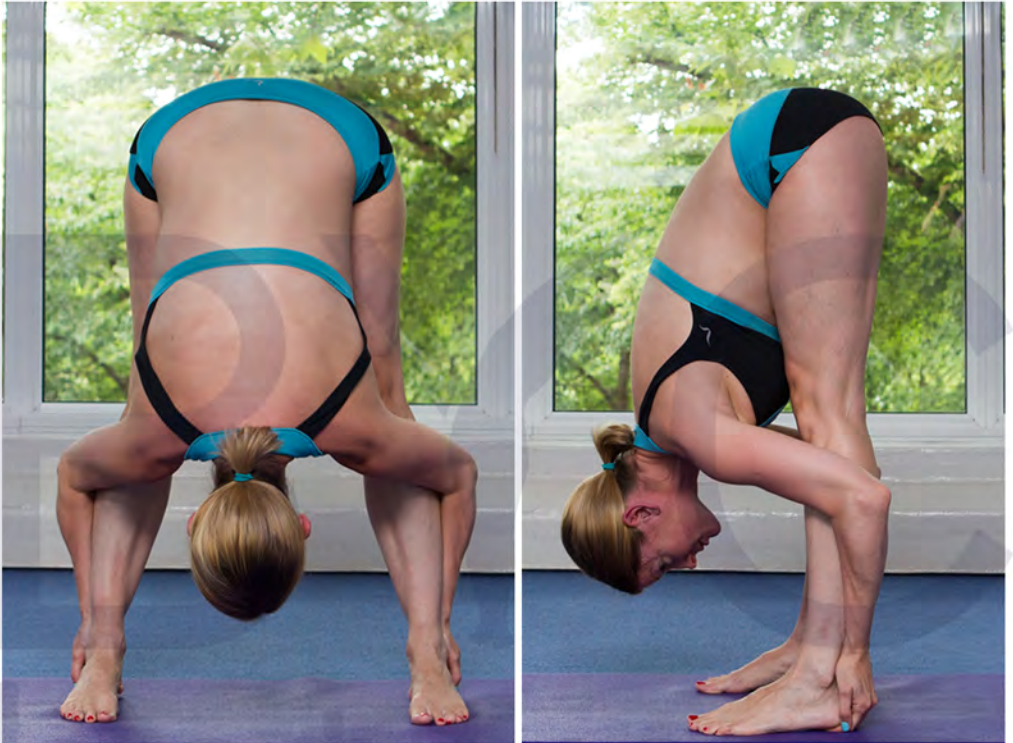


**Feet apart.  
You may want  
to put your  
hands at the  
base of your  
spine to  
protect  
your lower  
back.**

**You may not  
want to go in  
as deeply  
as before.**



# Hands To Feet



**When forward bending,  
always separate your feet  
as much as you need to be able to fit  
your baby bump into the space between your legs.**

**You may also want to bend  
your knees on the way in and out of the posture,  
to take the pressure off your lower back.**

**As your pregnancy progresses you may find  
it easier to grab the sides of your feet,  
instead of your heels.**



# Awkward Pose - 1st Part

*Utkatasana*



**Practice this posture as usual. You may need to separate your feet a little wider to make room for your baby bump as it grows.**

**You may find that you are able to come down further than previously, due to the relaxin in your hip joints. Never go lower than thighs parallel to the floor. Your hips should never be below the height of your knees.**

# Awkward Pose - 2nd Part



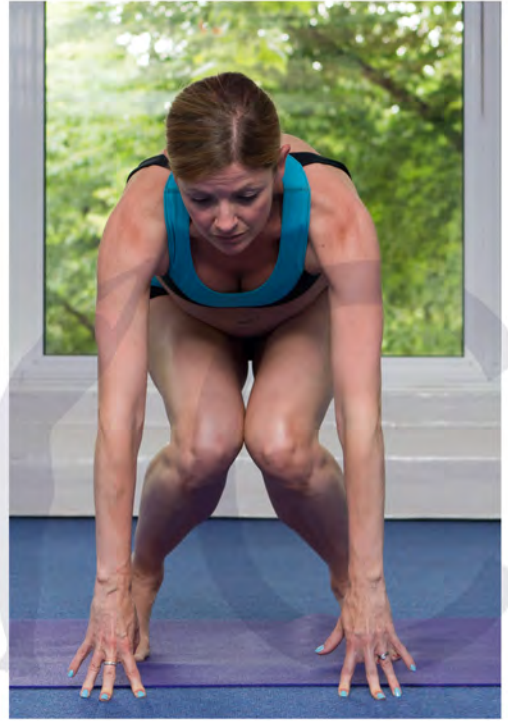
**Go gently as you may find it more challenging to balance.**

**It is important to protect your ankle joints, therefore maintain the alignment of your feet.**

**You may find that you do not come down as low, no problem! Only go as far as feels right for you.**

**Your hips should never go below your knees.**

# Awkward Pose - 3rd Part

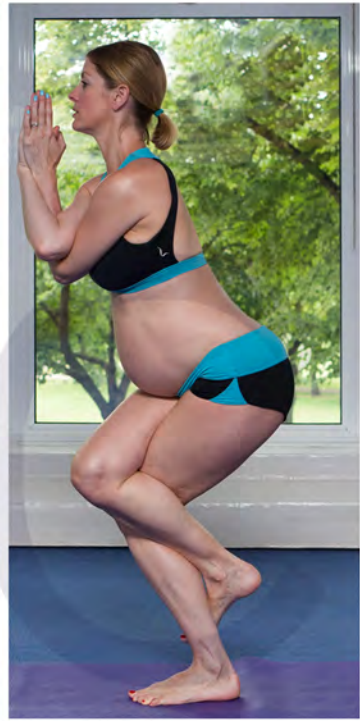
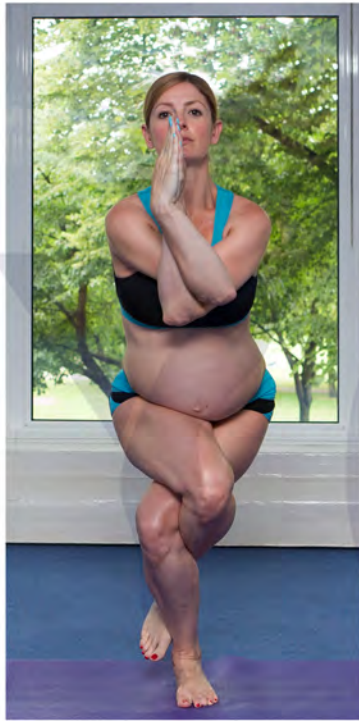


**If needed separate your  
knees on the way down and back up.  
You can also use your hands on the floor  
to balance yourself.**



# Eagle

*Garurasana*



**Start with your feet hip width apart. Balance (and baby bump) allowing, practice this posture as normal. However as your pregnancy progresses you may not be able to come down as far. Eventually you may want to keep both feet on the floor, coming into a squat position focusing on your arms.**

# Standing Head To Knee

*Dandayamana-Janushirasana*



**B R E A T H E**

**Sit this posture out.**

**The pregnancy sequence  
contains approximately  
60 minutes of postures.**

**During deep forward  
bending compression postures  
relax, focus and meditate  
on your breathing.**

**You are welcome to sit  
or stand whatever is more  
comfortable for you.**



# Standing Bow Pulling

*Dandayamana-Dhanursasana*



**This posture can be practiced as usual.**

**ENJOY!**

**Just be aware as your pregnancy progresses  
you may not want to come down as low  
with your upper body.**

# Balancing Stick

*Tuladandasana*



**Due to less abdominal support and balance,  
move into this posture slowly.  
Only go as deep as feels comfortable.**

# Standing Separate Leg Stretching

*Dandayamana Bibhaktapada Paschimotthanasana*



**Have a slight bend in your knees when coming forward to take the pressure off your lower back.**

**Grab your heels while you are still able to, however eventually, if necessary, you can hold the outside of your feet or place your hands to elbows on the floor (elbows aligned behind the hands).**

# Triangle

*Trikanasana*



**Your hips will be more open, so make sure you do not sink into this new found flexibility and drop too low.**

**As you progress further into your pregnancy you may not want to come into the posture as deep.**



# Standing Separate Leg Head to Knee

*Dandayamana-Bibhaktapada-Janushirasana*

**Sit or stand this posture out.  
Time to relax  
and focus on  
your breathing.**





# Tree & Toe Stand

*Tadasana & Padangustasana*



**Two sets of Tree  
or you can sit  
out toe stand.**

**Tree can be  
preformed  
as normal  
balance allowing.**

# Savasana



**Always lie on your left hand side.  
Relax.  
Breath in and out threw your nose.  
Enjoy.**

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# Wind Removing

*Pavanamuktasana*



**Avoid compressing the abdomen by drawing the knee around the rib cage and out to the side.**

**1st set hold knees**



**2nd set hold feet**



**When working both legs:**

**1st set: hold the knees with both hands and draw them out to the sides of the abdomen, making room for your bump.**

**2nd set: grab the soles of the feet together with both hands. Pull feet in towards the groin opening the knees wide.**

# Sit Up

Do not do the sit up.  
Instead roll onto the left side  
and push yourself up.  
You can still perform  
the two exhale breaths.

Inhale.

Exhale.

Repeat.



# Spine Strengthening Series

During pregnancy lying on your front is no longer an option, for obvious reasons ;) therefore the pregnancy series has some alternative postures for you during the spine strengthening series.

## Fish instead of Cobra

*Matsyasana & Bhujangasana*



Alternative way into fish:



Lie on your back, with your arms by your side, palms facing down. Squeeze your legs together, engage your buttocks and press down through your forearms & palms to lift your chest, arching your back, placing the top of your head on the floor. (Some people find it easier to place their hands either side of the head, palms down facing forward and push up from this position).

Keep using your arm strength to arch the chest high enough to slide to the top of your head, looking to the front of the room.



# **(Kneeling) Locust**

*Salabhasana*



**Also known as Cat-Cow Pose, this posture is performed on the hands & knees. Come onto all fours, placing the hands directly under the shoulders and knees directly under the hips so you are a box shape. Stretch the right leg straight back and lift the leg, keeping it parallel to the floor. Repeat on the left side.**

**If you want more of a challenge, lift and stretch the opposite arm forward, keeping it inline with the shoulder. Be careful to protect your lower back and not to arch the spine.**

**Rest during the 3rd section as others are lifting both legs.**

**Sit back on your heels while resting and also between sets.**

# Full Locust

*Poorna-Salabhasana*

**Rest.**

**Sweat.**

**Breathe.**

**Enjoy.**

**Either lie on your left hand side  
or you can sit,  
which ever is more  
comfortable/preferable for you.**



# Bridge (instead of floor Bow)

*Setu Bandha Sarvangasana  
(instead of Dhanurasana)*



**Lie on your back, bend your knees,  
place your feet flat on the floor hip width apart.  
Bring your heels towards your buttocks.  
Using your leg strength lift your hips in the air.  
Grab your ankles from the outside or if this is too hard  
please keep your palms flat on the floor.**

**Lift your hips towards the ceiling,  
keeping the shoulders, neck and head on the floor.**

# Fixed Firm

*Supta-Vajrasana*



**As normal.**

**As pre pregnancy go with how your body/knees feel. Never push into anything that is painful.**

**Always make sure that your buttocks are on the floor before going back.**

**If the buttocks are not on the floor, open your knees as far apart as necessary.**

**If this is still not an option then place the palms of your hands on the floor in front of you to distribute the weight between your legs and hands taking pressure off the knees.**

**When you are in the very last stage of pregnancy you may not want to go fully into the posture, as you will find it very difficult to come back out.**



# Half Tortoise

*Ardha-Kurmasana*



**Bring your knees as far apart as necessary to avoid compressing into the belly when lowering into the pose.**

**Please use your arms to walk yourself in and out of the posture rather than your abdominal muscles.**

# Camel

*Ustrasana*



**Go gently and carefully in and out of this posture.  
Always support your lower back with your hands.**

# Rabbit

*Sasangasana*

**Sit or lie this posture out.**



*Breathe - smile - rest.*

# Head to Knee with Stretching

*Janushirasana with Paschimotthanasana*



**Avoid compressing your belly onto your leg when working separate legs. You can support your lower back by placing your hand there.**

**Both legs:**

**Set 1: Separate the legs out to the side into a wide angle stretch and lengthen the spine forward. Keep your hands off the floor to avoid compressing into the belly.**

**Set 2: bring the soles of your feet together and place your hands on your knees and gently push the knees down. Shrug your shoulders up towards your ears.**



# Spine Twist

*Ardha-Matsyendrasana*

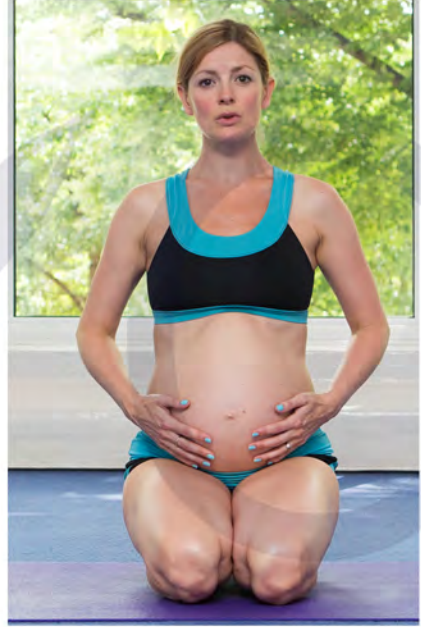


**Keep the bottom leg straight out instead of bent.  
Go gently into the twist as you want to avoid  
compressing the abdomen. Keep your arm  
behind you for support, do not wrap it.**

# Final Breathing

## Blowing in Firm Pose

*Kapalbhati in Vajrasana*



**Sit in half lotus or kneel,  
which ever is more comfortable for you.  
As your pregnancy progresses you may  
find half lotus to be the easier option.**

**Interlace your fingers under your bump, for support,  
with the spine straight.**

**Inhale for 6 counts, exhale for 6 counts.**



## ..... and Savasana



**If you have any question about any of the postures  
in the pregnancy serious please  
feel free to speak to your teacher before  
or after class.**

**We wish you a healthy, happy pregnancy.  
Namaste  
The Team at BYC**

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## Pregnancy Series

