

## KUNDALINI YOGA AND PREGNANCY

### To be avoided at all times:

- **Jumping** (too much stress on the cervix)
- **Double leg lifts** (too much stress on the abdominals/lower back)
- **Back bends** (too much compression on the lower vertebrae)
- **Over stretching** (ligaments & tendons soften during pregnancy but will not rebound if over-stretched, causing uneven wearing of the cartilage later in life). Do very gentle stretching.
- **Inverted postures** (can cause compression of the placenta, which may interrupt the flow of oxygen to the baby. Can also be problematic with high blood pressure). We very rarely do inverted postures.
- **No Breath of Fire – do long deep breathing instead (Yogi Bhajan has stated that a light Breath of Fire in the first 3 months is permissible if health permits).**



**Holding the breath** (restricts flow of oxygen to the foetus)

### To be avoided in the 1st trimester (0-14 weeks)

- **Twists** (can cause or aggravate extreme nausea)
- **Any poses which over-stretch the lower abs** (can prevent the fertilised egg from embedding in the early stages)
- **Strenuous poses**

### To be avoided in the 2nd trimester (12-28 weeks)

- **Lying supine the legs straight** when the bump begins to swell (this can cause compression of the vena cava, affecting the blood return from the legs, causing dizziness and restricting blood flow to the baby)

### To be avoided in the 3rd trimester (29-40 weeks)

- **Anything strenuous** (don't hold poses for too long)
- **Deep squats** (may affect the optimal foetal position) and any squats if the baby is breech

## PRE NATAL AGREEMENT OF RELEASE and WAIVER OF LIABILITY

(Please Read Carefully Before Signing)

As a student of Shakti Kundalini Yoga Class:

I understand that I will receive instructions and guidance only. I will give my highest attention to the well being of my unborn baby and myself.

I understand that there is a risk of injury associated with yoga as there is with any physical activity in pregnancy.

I am fully responsible for the outcome of my yoga practice and participation in these classes and sound baths.

I understand that if I move with care, intelligence, courage, applied safety and self-awareness, then injury is unlikely. Should injury occur or complications arise,

L Shaw and Shakti Kundalini Yoga are absolved of all responsibility.

Date:

Printed

Name:

Signature: