

TYC Pregnancy Guidelines

Practicing yoga is wonderful during pregnancy but there are things to be aware of before rolling out your mat.

- **Share your news!** Please tell your teacher if you are pregnant and how far along you are.
- Also make them aware of any additional medical conditions (e.g. high blood pressure). It's always a good idea to check with your doctor or midwife before attending class, especially if you are new to yoga.
- **New to yoga?** Please attend the specific pregnancy class rather than beginners, general, restorative or Ashtanga classes if you can. We also suggest waiting until you are around 15 weeks before starting classes especially if it's an IVF pregnancy or there is a history of miscarriage.
- **Been practicing a while?** If you're an experienced yoga practitioner, attending specific pregnancy classes will help you learn what's safe for you during the different stages of your pregnancy. If you can't get to these classes, please ask the teacher for a copy of the TYC guidelines and practice sheets.
- **Keep safe!** Our classes are designed for non-pregnant practitioners and while teachers will help as they can, please ensure you take responsibility for modifying and/or avoiding poses that are contraindicated with pregnancy. General guidelines and practice sheets are provided, but the final responsibility for your safety lies with you, not TYC or the teacher.
- **Teachers may use their discretion and not accept a pregnant woman into a class** if they think doing so could prejudice the safety of the woman /or the smooth running of the class.
- **Listen to your body.** Yoga is generally very helpful for pregnant women. However, during pregnancy some yoga poses are not advised at all, and some poses should be done only with modifications. Please ensure you come out of the pose immediately if it feels uncomfortable for you or your breathing doesn't remain soft and natural.
- **Give the belly a rest.** It's very important the abdominal or belly region is not tensed, tightened or compressed while you are pregnant. Always try to create space between your rib cage and abdomen for your baby.
- **Be careful not to over-stretch!** When you're pregnant, the hormone 'relaxin' is present at higher levels than normal making it easier to over-stretch ligaments or tear muscles. Consider supporting your hips and groins (e.g., blocks or blankets under the thighs) in hip/groin openers.
- **Be gentle with yourself.** Don't be afraid to use plenty of props for support and if in doubt, ease off. Pregnancy is not the time to push your physical, mental or emotional limits.