

LYTTC Pregnancy Module

The aim of this module is to support you, as a yoga teacher should one of your *regular* students become pregnant.

The context of the sessions is:

1. To help you feel more confident about having a pregnant student in the class.
2. To provide helpful guidelines when working with a student you know well and who has been regularly attending your classes for a while (*I would not recommend taking on a new pregnant student*).

This module is **not** intended as an in-depth definitive study of pregnancy and in no way, prepares you to teach Pregnancy Yoga or prepare women for birth.

Pregnancy ...the bigger picture:

- Is a dynamic time in a woman's life
- It takes her on a unique and deeply personal journey
- No two pregnancies are the same
- It is a time of immense growth and change physically, emotionally, mentally and spiritually
- It stretches the idea of how a woman sees and perceives herself (on every level)
- Pregnancy and birth are profound rites of passage
- Everything that happens during pregnancy is preparation for labour, birth and beyond

Normal length of pregnancy is typically anywhere between 38 – 43 weeks.
Traditionally separated into 3 trimesters of roughly 3 months each.

Pregnancy is a normal healthy life event. Some women do meet challenges along the way and can experience some less pleasant symptoms during their pregnancy journey.

The idea of a women "eating for two" and becoming increasingly immobile as her baby grows has become mostly outdated.

However, many women have swung to the opposite end of the scale: (SPMS) (*Super Pregnant Mama Syndrome*).

It is important to find the right balance of activity and rest. Nourish self, stay active without overloading (i.e. to the point of exhaustion), create space for all that is happening and changing.

Yoga enables a mother to redress the balance. Supports her in connecting to a more intuitive state of being (listening, paying attention & noticing her own needs etc.). It enables women to become more at ease and present in their bodies: more relaxed & trusting in themSELVES.