

LYTTC 2017- 2019

Saturday Asana Class Pregnancy Weekend – incorporating a pregnant student in your general class

Ruth Polden and Lisa

OBJECTIVES: THINGS TO CONSIDER, ASANAS THAT ARE FAVOURABLE, ADAPTATIONS AND MODIFICATIONS TO SUPPORT A WOMAN'S CHANGING NEEDS.

Note that much of this is relevant to teaching generally.

10 AM

Ruth

Start lying down, talk about the objectives etc , and then move to all fours (20 mins)

- cat
- sidebending
- rotation
- pelvic circling, rocking

child/hare/frog

- explore moving fwd gradually, circling a bit, bolsters
- what if very pregnant woman with heart burn and sore back? Pubic symphysis discomfort? Carpal tunnel (be on forearms rather than all fours); varicose veins (pelvis higher, less flexion a back of knees, moving in and out)
- ruth: relate back to the film to come later and why leaning fwd is helpful (uterus wants to tilt fwd in contractions)

10.20

Dog /elbow dog (10 mins)

- pros: pelvic floor mirroring movement of diaphragm, weight off pelvic floor and bladder, nice for easing out legs and tension, helpful for positioning babies towards the end of pregnancy
- Ruth: Adaptions; legs wider, dog to wall (relevant for someone suffering from

- heartburn); wrists – elbow dog
- Walking in dog – taking it into a nice little sidebend
- walk back to uttanasana - to tadasana (legs wider)
- Nb no danger of harming baby

10.30

(10 mins)

Tadasana – just a moment here

Ruth: half squat sliding up and down wall

Focus:

- alignment, containing – tone in pelvic floor and abdominals, lumbar curve moving out of extension – feels really nice for pregnant women
- pelvic rocking against wall, massage of sacrum etc, hips in flexion/extension
- Forward bend/shoulder stretch

10.40 Lisa

(10 mins)

Tadasana – shrugging/ bouncing shoulders, bouncing knees, flicking fingers/hands

Arm swings

10.50

Upright twists in standing – rotation

Lisa use Ruth to demo – anchor back heel, stabilise pelvis, suggesting direction, head/neck

Standing fwd bend to chair – parsvakonasana

Work in pairs

- come up, explore parsvakonasana, weight shifts back, front leg bent, spine long, hand on chair/ forearm on chair

Nb Ruth to make point about Relaxin: NOT necessarily TWISTING TOO MUCH attentive coming out and up

Reverse/closed twists – practicalities of a bump and potential lack of space to think about

11.05

(10 mins)

Tree – wight shift, options for non-weight bearing foot

½ lotus option if experienced practitioner and comfortable with it

Note increased flexibility – be respectful as it doesn't necessarily mean that you should be

pushing it

Ruth make point about **PGP**

11.15

(5 mins)

Prasaritta padottanasana

- Options (window sill, bolsters, chair)
 - good to prepare for head balance (as head is down, neck is long)
 - Nb pregnancy is not the time to be going into headstand for the first time
 - take lead from the pregnant woman; curves of spine changing, centre of gravity shifting; careful re extension
 - be near a support to b on the safe side

11.20

(10 mins)

Ruth & Lisa: Squatting in pairs, with outward rotation at hips; Ruth to talk about deep squatting to a support, **contraindications (placenta previa, breach baby after 36 weeks, severe haemorrhoids, severe PGP)** etc

11.30

Ruth (10 mins)

~~side lying hip prep (int/ext rotation/rolling pelvis), Supine legs releasing sequence~~
(Ruth to talk about lying on your back in pregnancy)

11.50

Ruth and Lisa - show

(25 mins) Example of Pairwork/ teacher assist - Ruth

Pari vrta Janu sirsaasana

block under pelvis if necessary

Sitting wide/cross legged – gentle rocking, circling

nb re pelvic girdle pain; how to adapt

12.15

Ruth

(10 mins)

virasana – supported supta virasana back to cushions/ or wall i.e use props – in pairs, if

time?

(ruth re pregnancy points – good for pelvic girdle pain)

Nb. prone backbends; in **early** pregnancy can still be comfy

12.25

Ruth

(35 mins)

Lying on back feet up wall: baddha konasana,; upavistha konasana, and pressing feet into the wall -rolling the pelvis

Shoulderstand preps: setubandha (urdvha danurasana) PREG WOMEN ONLY IF THEY ARE USED TO DOING IT), feet on wall

Ruth to discuss re lying on back in pregnancy; discuss the concern re compression of the vena cava (all of this concern actually stems from a flawed study; can happen potentially, but the mother would feel uncomfortable/lightheaded first; note there is far more incidence of foetal distress when women are lying on their backs for hours during labour)

Neck – with changes in curves of spine neck;

As pregnancy progresses rolling into shoulderstand becomes uncomfortable and for many, impossible

Come down, do some side to side rolling, supine twisting

12.50 (10 mins)

Different Resting positions – possibilities instead of savasana

1.00

End