

Scenario I

A student 17 weeks pregnant with her second baby tells you that her **pubic bone** is feeling sensitive and by the end of the day it gets quite sore. During her first pregnancy she had very severe PGP and she's concerned it may be happening again.

a. What **adaptations** to your class plan might this situation require, particularly around standing and sitting poses? Write down some **key points** including a brief explanation of PGP. You can use diagrams if you like.

b. In your group work with **props** to address the following questions:

- How would you adapt Baddha Konasana?
- How would you adapt vajrasana or virasana if she also has puffy feet? Might this symptom encourage you to ask a few more questions of your student? If so, explain.
- She also has heartburn. What pose might you choose to support her and potentially ease her symptoms?

Be prepared to **explain** and **demonstrate** your answers to the above.

Scenario 2

1. Explore dog pose variations, alternatives or adaptations that would be appropriate for a pregnant student with:

- a) Carpal tunnel syndrome
- b) Nausea
- c) Breathlessness
- d) Sacro-illiac discomfort
- e) Heartburn

Write down some **key points** about each of the above and be prepared to explain and demonstrate your variations/alternatives/adaptations.

2. A class you have planned includes setubandha. Which of the symptoms above might this aggravate and what alternative could you give?

3. Might any of the symptoms above encourage you to ask a few more questions of your student, and possibly refer on? If so, explain.

You can use diagrams in your presentation if you like.

Be prepared to **explain** and **demonstrate** your answers to the above.

Scenario 3

A pregnant woman in your general yoga class has PGP experienced as pain in her right buttock (sacroiliac joint/sciatic nerve discomfort) and groin. She is finding walking very uncomfortable.

In your group work with props to address the following questions:

1. How would you modify/adapt
 - a. vrksasana
 - b. pari vrta janu sirsasana
 - c. eka pada raja kapotasana

Write down some **key points**. You can use diagrams if you like.

2. What might be a good counterpose to the previous poses?
3. Choose one of these postures and discuss how your adaptations might change as the pregnancy progresses.

Be prepared to **explain** and **demonstrate** your answers to the above.