

Inclusive Language for Prenatal Yoga

This printout goes along with episode 108 of The Connected Yoga Teacher Podcast with Shannon Crow
theconnectedyogateacher.com/108

| Instead of Saying | Consider Saying |
|--------------------------------|--|
| Nothing About Baby | Cues that Include Baby |
| Cues for Baby in Every Pose | Cues that Acknowledge Space for Self (as well as baby) |
| Pain | Sensation |
| Fear & Victim Based Language | Empowering Language Inclusive of Choices |
| All Medical Terms | Terms that Empower Students |
| No Medical Terms | Medical Terms to Enable Communication with Healthcare Team |
| Labour | Birth, Delivery, Meeting Baby |
| Contractions | Surges, Tightenings, Expansions |
| Nothing Pelvic Anatomy | Pelvic Anatomy Terms and Conditions |
| Men/Women | Friends, Folks, Parents, People, Families, Students, Class Members |
| Bra Strap | Actual Anatomical Landmarks |
| Husband & Wife / Mom & Dad | Parents, Pregnant Partner & Birth Support Partner |
| He / She Pronouns | They / Them Pronouns (for both single people & groups) |
| Hospital / Home | Birth Location / Hospital or Home |
| Doctor / Midwife | Healthcare Team / Doctor or Midwife |
| Breastfeeding / Bottle Feeding | Feeding Baby |
| Breastfeeding | Chestfeeding (if student is uncomfortable with breastfeeding) |



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Get To Know Your Students: Health and Waiver Questions to Consider

Previous Injuries or Health Conditions
Birth Support Person(s)
Preferred Pronoun (He/Him, She/Her, They/Them)
Previous Pregnancies
Pregnancy History (Miscarriages, Fertility, Previous Pregnancies)
Pelvic Health Concerns
Yoga Experience
Other Forms of Exercise

Share What to Expect in This Prenatal Yoga Class

Safe & Inclusive (All bodies, Cultures, Beliefs, Genders and Families are Welcome)
Non-Competitive
Place to Rest, Rejuvenate, Build Strength and Resiliency
Teacher Beliefs (*example: I believe that pregnant students are strong and capable*)
Approachable (*example: feel free to ask me questions as we go*)
Modifications are Normal
Non-Judgemental & Non-Comparative
State your Pronouns (*welcome others to do the same*)
Hands-on Assists? Consent Cards?
Housekeeping: Washrooms / Place to Put Belongings / Space & Time Considerations

* *Example of Welcome to Prenatal Yoga Page 3*



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Example of Welcome to a Prenatal Yoga Class



Welcome to prenatal yoga. My name is _____.
I use the pronouns _____ and _____.

It is my goal to offer you a class where you feel like you are included, heard, seen and able to be yourself in this safe space. All bodies, cultures, beliefs, genders and families are welcome. If at any point there is something that could enable you to feel more included -- let me know.

I want you to be able rest and rejuvenate when that is what you need (that might mean that you use an exercise ball for the entire class or that you take a nap) -- I also want to offer a place for you to build strength and resilience when you are feeling like it. Pregnancy is not a medical condition. You are strong and capable.

I am here as your guide, but you are really the one that gets how you are feeling and what you need. In this class it helps me a lot if you find the movements that work for you. Ask me for a modification if something doesn't feel right and for sure ask me questions as we go.

I find it helpful to remind myself in a yoga class that yoga is non-competitive (I grew up playing hockey -- I can be very competitive) - so check in when you start comparing yourself to your yoga neighbours here or even when you are thinking of what you could do last week.

We are all unique in how we move and feel -- and the amazing thing in pregnancy as you know -- is that our body is changing daily. How we carry our babies is unique. Let's create a safe space here where we don't comment on the size we are or someone else's size.

As your pregnancy progresses - your balance and how you move may also change. This practice is a place to meet your body where it is at every day - without being judgemental or harsh to self.

We all have so many choices outside of this class - how and where to birth, feeding baby, parenting and so much more. No one is here to tell you what to choose. This class is about connecting you with the best teacher - that inner voice within you as well as forming a connection to a supportive community of other parents. So when you hear from a friend here that they are making a choice that is different to yours - honour the differences in each of us as well as the similarity that we are all doing what we need to based on our core values.

This is your community -- of fellow parents-to-be -- I believe becoming a parent is the biggest honour and also the toughest job. All of us here can support each other on the tough days and celebrate together with the wins.

Please feel free to chat before and after class. I have the use of this space for 15 minutes both before and after. That is a great time to visit and catch up.

