

## Contraindicated Yoga During Pregnancy

Contraindicated for Pregnancy	Reasons	Examples
1. Breath retention and/or strong, forced breathing	Affects delivery of oxygen to the fetus	Viloma pranayama, breath of fire
2. Advanced poses that challenge and build heat	Stress to pregnant parent and fetus, overheating	Any poses that are vigorous and/or new to the pregnant practitioner
3. Poses that engage and/or stretch the rectus abdominus muscles	Can cause stretching and/or tearing of abdominal muscles	Leg lifts, boat pose, plank pose, chaturanga, crow pose
4. Front Extensions	Can overstretch abdominal muscles	Camel, wheel, upward facing dog
5. Inversions	Decreases blood flow to uterus, can cause dizziness	Headstand, handstand, shoulder stand
6. Prone Poses (on abdomen)	Uncomfortable for pregnant parent	Cobra, bow, sphinx
7. Closed Twists	Too much pressure on abdominal cavity - uncomfortable	Revolved triangle, revolved side angle, seated closed twist
8. Hot Yoga	Overheating can cause miscarriage and/or birth defects	Moksha, Bikram



This list gives the general guidelines regarding yoga and pregnancy. Each pregnancy is unique and therefore it is best to talk with your healthcare provider and a Registered Prenatal Yoga Teacher (RPYT) to develop a practice that suits your specific needs.

Within the **MamaNurture Prenatal Yoga** teacher training we learn more detail about this list as well as the list of cautioned poses.

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