



TEACHER TRAINING MANUAL

PREGNANCY



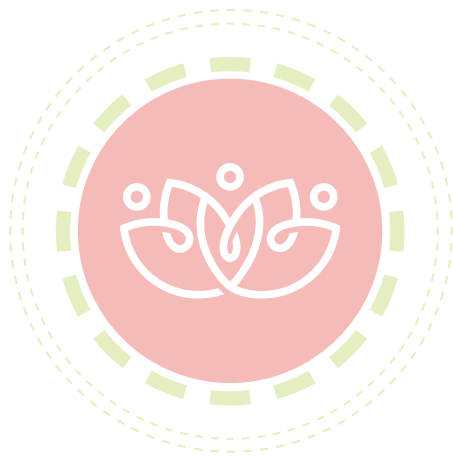


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Practicum Class Evaluation Form

Student Name: _____

Class Style: _____ Studio: _____

Date: _____ Teacher: _____ City: _____

1). What was your overall experience of the class?

2). How well do you feel the teacher related to the students in the class?

3). Did you feel the theme, intention and sequence was fitting for the students?

4). What did you like best about the class?

5). What do you feel could be improved upon?



Recommended Reading List

Yoga for Pregnancy by Hanson Lasater

Magical Beginnings Enchanted Lives by Deepak Chopra

You Mama & Yoga Baby by Margo Bachman

The Female Pelvis by Blandine Calaise Germain

Birth in Awareness by Gabrielle Earls

Hypnobirthing by Marie Mongan

Birthing from Within by Pam England

Like a Mother Angela by Garbes

Give Birth Like a Feminis by Milli Hill

Physical + Emotional Changes During Pregnancy

Trimester One: The Creation of the Soul

The first trimester begins at the time of conception and runs to the 12th week of gestation. During the first weeks of conception, pregnancy symptoms are generally mild, and most expectant parents don't even realize they are pregnant. The initial symptoms they may experience could be physical changes, such as tenderness in the breasts, frequent nausea and/or fatigue.

Within the next 12 weeks, mothers and birth beings will begin to develop food aversions, cravings, heartburn and indigestion, changes in complexion, frequent urination, constipation and dizziness. As the uterus stretches to make room for the baby, some women may feel abdominal cramping and tightness. All of these symptoms are considered normal conditions of pregnancy.

Fetal Development

Month One (1 to 4 weeks): Following the miraculous days of conception and during the second week, the embryo – referred to as a fetus – begins as a small cluster of undifferentiated cells toward development. The earliest trace of a fetal nervous system, known as the “primitive streak”, appears along the axis of the developing fertilized egg and, at this point, it is commonly viewed that, the soul of the baby is created.

Month Two (5 to 8 weeks): The 5th week marks the start of the embryonic period and is one of the most important, as the brain, spinal cord, heart and other organs begin to develop. The embryo is made up of three layers:

- Ectoderm, the outermost layer of development, comprised of the skin, central and peripheral nervous system, eyes, inner ears and connective tissue.
- Mesoderm, the middle layer of development, made up of the heart and the beginning stages of the circulatory system, bones, muscles and kidneys.

- Endoderm, the innermost layer of development, consisting of the lungs, intestines and bladder. In month two, the rudimentary umbilical cord has already begun to circulate blood and nourishment to the fetus.

Month Three (9 to 13 weeks): In the 9th week, the baby begins to develop facial features, such as eyes (eyelids remain fused), outer ears, nose and mouth. Ligaments, including the arms and legs, start formation and bones begin to take shape. The spine strengthens; the brain, liver, kidney, bloodstream and digestive systems are in their earliest stages of development.



At the end of the 13th week, the fetus is approximately three inches long and weighs one ounce. The placenta is fully developed and one to three ounces of amniotic fluid are present.

On a precautionary note, most miscarriages occur within the first trimester, so it is important to encourage your pregnant yoga students who have a regular practice to focus on creating and nurturing a strong mind and body connection. Coach them to avoid asanas that constrict the reproductive area and put pressure on the abdomen. It is equally important to keep the abdominal area quite passive and relaxed during this trimester.

Recommended Yoga Practice: A restorative practice to support safe and natural fetal development and/or yin yoga (with props) to address lower back and hip discomfort and tightness, with modifications.

Important: Avoid deep forward folding and twisting postures and backbends lying on the stomach.

WORKSHEET

Knowing now that the 1st trimester can often times be one of nausea, exhaustion and sickness but is also a time for crucial development of the fetus, please answer the following question to the best of your current knowledge.

What style of yoga would you recommend for a student in her 1st trimester and why?

A common question for newly expectant students to ask yoga instructors: "Can I continue with my vinyasa flow practice in the 1st trimester and how long is suitable for me to do so?" What would you recommend?

Can the practice of yoga asana help with pubis symphysis? Why or why not?

What poses would you recommend for edema and varicose veins for a expectant parent in their 3rd trimester?



Mudras

Healing in the Hands

In Sanskrit, the word "mudra" means a gesture, seal or symbol. The original origin of mudras are unknown, but there are many references to mudras in Hinduism, Buddhism and Christianity.

The power of practicing Mudras directly affect and correspond to the healing principles of ayurveda, chakras, meridians, acupressure and reflexology. Mudras help to balance, maintain and deepen the connection with these intrinsic healing beliefs to physical, emotional and mental illnesses. An imbalance or disease occurs if there is too much or too little of one element and healing takes place when a natural balance has been restored.

Ayurvedic philosophy recognizes that the conscious mind creates a disease and that the consciousness is an energy that manifests in five basic elements; fire, air, heaven/ether, earth and water. According to the classifications of the chakras, only five chakras that are found along the spinal column are assigned to individual fingers; Muladhara Chakra (Root), Swadhisthana Chakra (Sacral), Manipura Chakra (Solar Plexus), Anahata Chakra (Heart) and Vishuddhi Chakra (Throat). The position of the fingers have an energetic influence over the chakras. The energy paths that runs through the body and control the individual functions such as circulation, respiration, digestion and the organs are known as Meridians. Like the Ayurvedic elements and chakras, meridians can be balanced, maintained and enhanced through the practice of Mudras.

Thumb Energy: The thumb is symbolic of the cosmic (divine). This energy corresponds to the element Fire and is associated with the Manipura Chakra (Solar plexus). The fire from the thumb has the tendency to nourish the energy of the other fingers and absorb excess energy. The thumb controls the pathway to the lung meridian, which according to acupressure, controls breathing, sore throats, cold and coughs and sinus problems.

Index Finger Energy: The index finger is symbolic of the individual (human) consciousness. This energy corresponds to the element Air and is associated with the Anahata Chakra (Heart). The element Air, represents the mind as the power of thoughts. The notion is that our thoughts are as invisible as the air we breathe, yet they are the cause of all our

Pinky Finger Energy: Corresponds to the element water and is associated with the Swadhisthana Chakra (Sacral). The heart meridian is controlled by the pinky finger, which relates symbolically to the water element and the realm of emotions such as joy, fulfillment, warmth, compassion and love. According to acupressure, the imbalances within this energy is anxiety, loss of appetite, high blood pressure and extreme fatigue.

The fears that surrounds the health of babies throughout pregnancy and the uncontrolled and unknown process of labour and delivery that plague expectant mothers reside in the pinky finger. Squeezing the pinky finger with the opposite palm while making a fist, can instantly relieve the any fears, limitations and negative expectations.

Jnana Mudra (*For Knowledge*)

- The tips of the thumb and index finger touch, keeping the other three fingers straight but relaxed. The thumb has connects energy centers to the pituitary and endocrine glands and when pressed with the index finger, the two glands untie to actively enhance and stimulate the glands.
- Gyan Mudra is said to represent the nesting or clearing of the mind and calms and improves concentration. For expectant parents, this mudra will help to stimulate the root charkas creating a sensation of grounding and connecting within.



Apana Mudra (*For Digestion*)

- The tips of the middle finger and ring finger touch the tip of the thumb while the other two fingers are stretched.
- This mudra regulates the excretory system by aiding in the removal of waste materials and toxins from the body. It stimulates energy in the liver, gallbladder, cures constipation and in some cases, eliminates urinary problems.
- For expectant parents, this mudra has a balancing effect on the mind creating patience, serenity, confidence, inner balance and harmony. It's beneficial during labor to help facilitate contractions.



also lead to adaptation in stress-related pathogens and how the baby will respond to stimulus both in and outside of the womb.

Despite the intelligence of baby while in utero and their ability to connect to their mother and parent they do not have the cognitive recognition to decipher the difference between the sympathetic (fight - or -flight) and parasympathetic (rest +relaxation) response.

During pregnancy, the practice of mindfulness and meditation can help mothers and birthing people live in a state of peace, stillness and deep relaxation through specific guided imagery and breathing techniques. When an expectant mothers or parent engages in a regular meditation practice, stress hormone levels decrease, blood oxygen levels rise and more importantly, the baby gains an early exposure to a positive psychological and physiological presence.

Other benefits of mindfulness and mediation during pregnancy:

- Helps to lower blood pressure and heart rate.
- Decreases stress hormones such as cortisol and adrenaline by 50%
- Increases DHEA production (neurotransmitter that prevents Cancer, Cardiovascular disease and diabetes).
- Increases melatonin to support the immune system and improves sleep.
- Increases serotonin to stabilize mood, body temperature and motor control.
- Helps to regulate the baby's parasympathetic tone and relaxation response.
- Increases GABA (neurotransmitter of the nervous system that helps regulate the stress response).

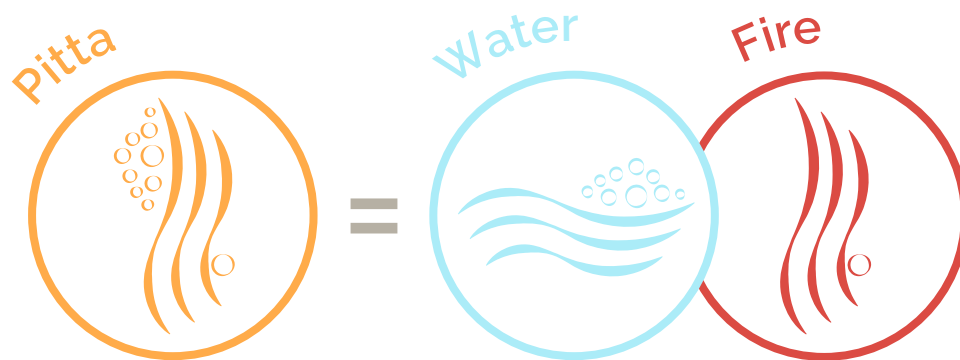


Seasonal Rhythm for Vata: Autumn —> Early Winter

With heightened Vata elements of air + ether there comes a natural increase in the gunas of dry, rough, mobile, cold, subtle and expansive qualities. Levels of decay (catabolic) are heightened and we, in general, should favour opposing qualities in our diet which would primarily contain foods with building qualities such as sweet, sour and salty tastes.

Stage of Life Rhythm: Age 50-75+ —> Vata Stage

The age of entering back into dependency where we often suffer from a lack of direction as there is less of a feeling of being “needed”. Commonly there is inconsistency in our levels of drive as we begin to prepare for the end of life. Vata qualities and imbalances include insomnia, confusion, dementia, forgetfulness, arthritis, dryness, decay, restlessness and discontent.



Pitta - “Transformation”

Elements: Fire + Water Qualities: sharp, hot, oily, smooth, mobile

Season: late spring - summer

Nature: sun

Location: small intestine, skin, liver, eyes

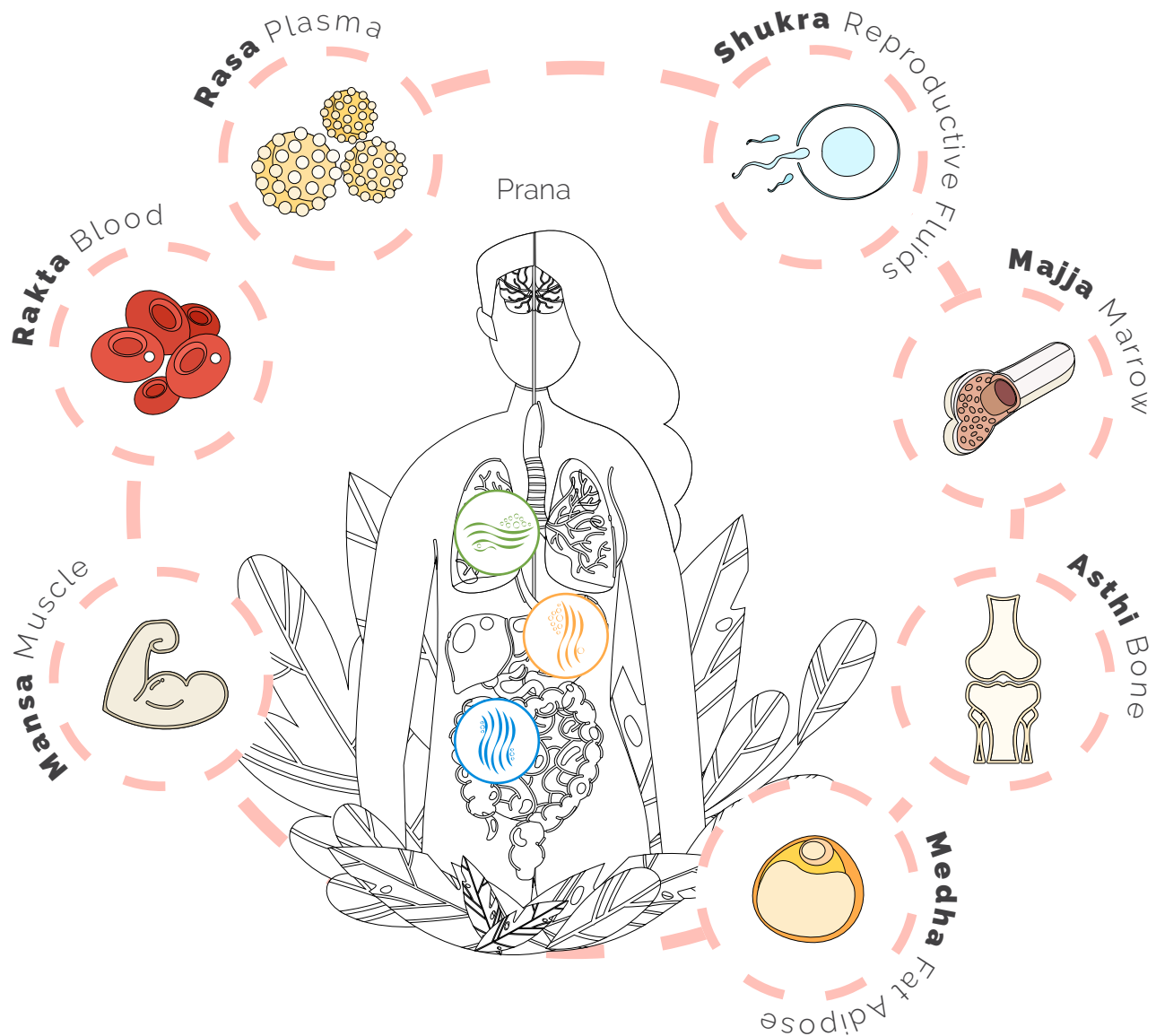
Actions: digestion and metabolism

Pitta is the energy of friction that creates heat. Heat is responsible for the creation and transformation within the body. It literally burns up the old, and creates the new. People with higher levels of Pitta crave intensity and change. They move with full force towards putting vision into action.

The Seven Dhatus

According to Ayurveda, the Dhatus (tissues) are seven structures that support the basic components of the human body. These tissues are responsible for the intelligence, immunity and strength of our tissues.

SAPTA DHATUS - THE 7 TISSUES



We build energy and sustenance from the absorption and nutrients of the foods we consume. We essentially 'eat what we become' and during pregnancy, this is essential

Subtle Mama: Emotional healing through the Chakras

Chakras are energy centers of activity in the body which receive, assimilate and express life force energy. Chakras influence our physical body, glandular processes, emotional and physical constitution, thoughts and behaviors. When there is a blockage in one or more chakra, energy will not flow harmoniously throughout body and being, and imbalances will manifest in all aspects of a person's life. An imbalance within a expectant parents' chakra energy system during pregnancy will have a corresponding destabilizing effect on the baby, and this may affect the baby's past, present and future, according to ancient yogic philosophy.

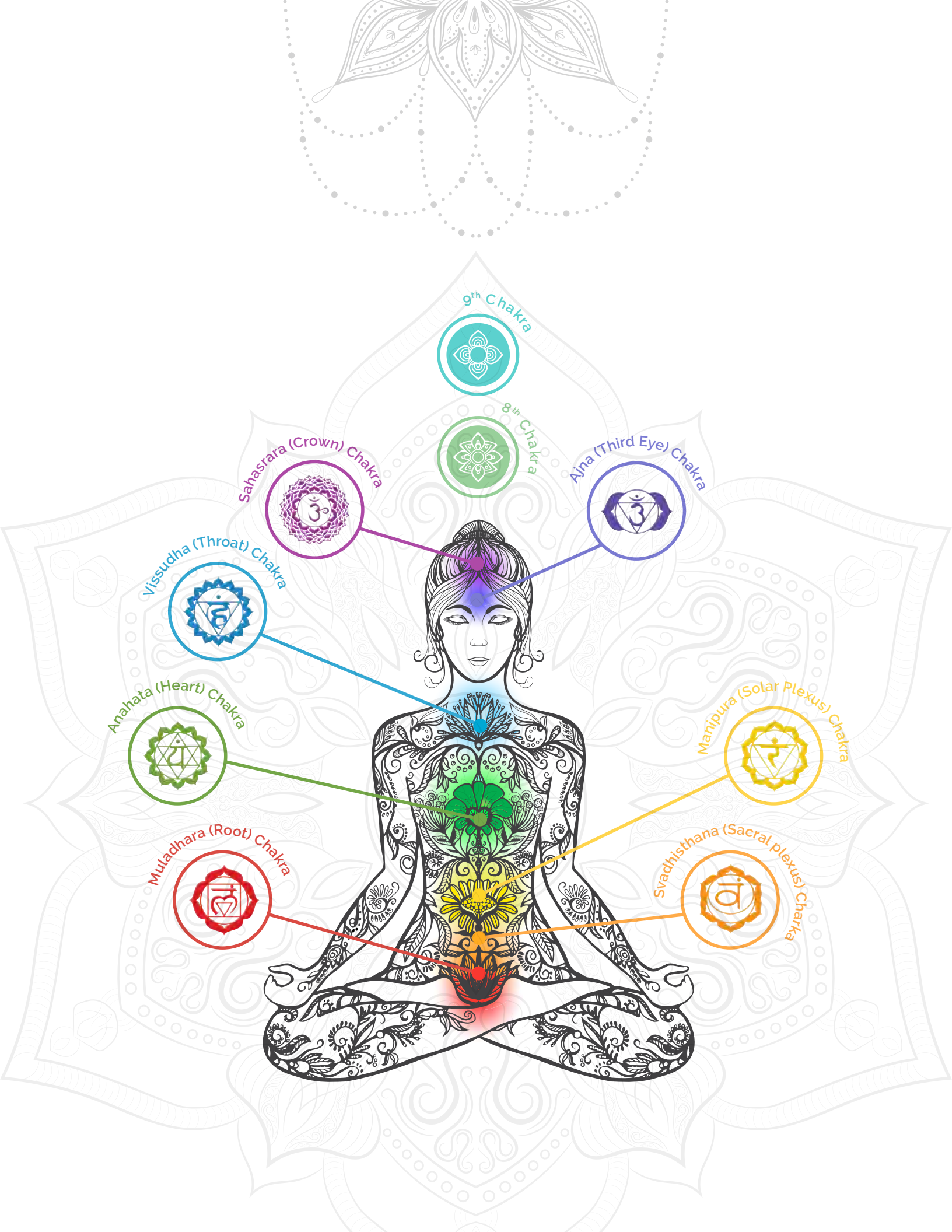
The Muladhara Chakra

The English translation of Muladhara is "root place." This chakra is located at the base of the spine and is associated with the perineum and immune system. Muladhara is the foundation of emotional and mental health, and governs the basic human need to connect to the traditions within a family. During pregnancy, this chakra is vital, especially during the first four weeks of gestation, as this is when the development of the heart, yolk sac and overall life sustenance occur, and the emotional right to "have and to be here" are first established.



If an expectant mother is suffering from low motivation, depression, constipation, primal fears and phobias and/or excessive sleep, this chakra may be out of balance or receiving low energy levels. The effects would be opposite if the root chakra were receiving too much energy, resulting in restlessness, insomnia and/or sudden anger. Unresolved issues and imbalances within this chakra may lead to premature or quick labor, or an inability to open the cervix, resulting in a long labor or emergency Caesarean section (C-section).

To balance the root chakra, yoga asanas that focus on restoring movement to the legs, hips and pelvic areas may help open up some unresolved issues. Yoga Nidra for



9th Chakra



8th Chakra



Ajna (Third Eye) Chakra



Sahasrara (Crown) Chakra



Vissudha (Throat) Chakra



Anahata (Heart) Chakra



Muladhara (Root) Chakra



Manipura (Solar Plexus) Chakra



Svadhishthana (Sacral plexus) Chakra



Reiki for Pregnancy

Reiki is the practice of transmitting and sending Universal energies for healing purposes to a patient. The practitioner uses a combination of meditation on symbols, crystal grids and hand positions to harness and concentrate healing energies on the patient. Reiki focuses on all of the primary seven chakras. This practice can be used during the first trimester to relieve morning sickness and stress from the expecting parents rapidly changing body and is recommended on a continual basis throughout pregnancy to help alleviate emotional and physical strain.

The energy work of Reiki is based on the belief and understanding that emotional reactions passing through the body inadvertently affect a person's state of mind. The mind reflects the body's experience as the two are interconnected. Similarly, the presence of physical strain in the body is directly associated with a psycho-spiritual or emotional blockage; the one can't help but register, and reveal, the other.

For expecting parents, it's incredibly important to remain calm and relaxed throughout the entire pregnancy to support the health and well-being of both mother, parents and child. Any negative emotions or blockages in the parent will directly affect the emotional and mental development of the baby.

Early in the pregnancy, the mother and birth being may consider undergoing Reiki treatments to help clear blockages and reduce the risk their habitual patterns and fears will interfere with the baby's own development of healthy self-identity in the physical world.

Similar to yoga, Reiki looks at the interdependent relationship of mind, emotions and body through the dynamic lens of the Seven-Chakra Energy System, and codifies it as follows:

Muladhara - 1st Chakra - **Security and Survival**

Swadhisthana - 2nd Chakra - **Feelings and Sexuality**

Manipura - 3rd Chakra - **Power and Wisdom**

Anahata - 4th Chakra - **Heart and Love**

Vishuddhi - 5th Chakra - **Communication**

Anja - 6th Chakra - **Intuition**

Sahasrara - 7th Chakra - **Spirituality**



Truth - Back of the Head



Serenity - Top of the Head + Root



Communication - Throat + Heart

SEATED POSES



Sukhasana - Easy Pose



Sukhasana - Easy Pose - Laternal

Prenatal Yoga Asana Chart (each trimester)



= Trimester 1



= Trimester 2



= Trimester 3

Asana (Postures)	Trimester			
Adho Mukha Svanasana				Downward Facing Dog
Agnithambasana				Fire Log
Anatasana				Vishnu's Couch
Anjaneyasana				Crescent Moon
Ardha Chandrasana				Half Moon
Ardha Uttanasana				Half Forward Fold
Baddha Konasana				Bound Angle
Balasana				Child's Pose
Bitilasana				Cat Pose
Dandasana				Staff Pose
Eka Pada Raja Kapotasana				One Legged King Pigeon
Foot Stretches				Foot Stretches
Garundasana				Eagle Pose
Goddess Warrior (Standing)				Goddess Warrior (Standing)
Gomukhasana				Cow Face
Hip Hikes				Hip Hikes
Jathara Parivartanasana				Revolved Spinal Twist
Malasana				Garland Pose
Marichyasana C				Lord of the Sage
Marjariasana				Cow Pose
Mrigiasana				Deer Pose
Natarajasana				Dancers Pose
Parighasana				Gate Pose
Parivrtta Janu Siraasana				Revolved Head to Knee
Parsvottanasana				Intense Stretch
Paschimottanasana				Seated Forward Fold

