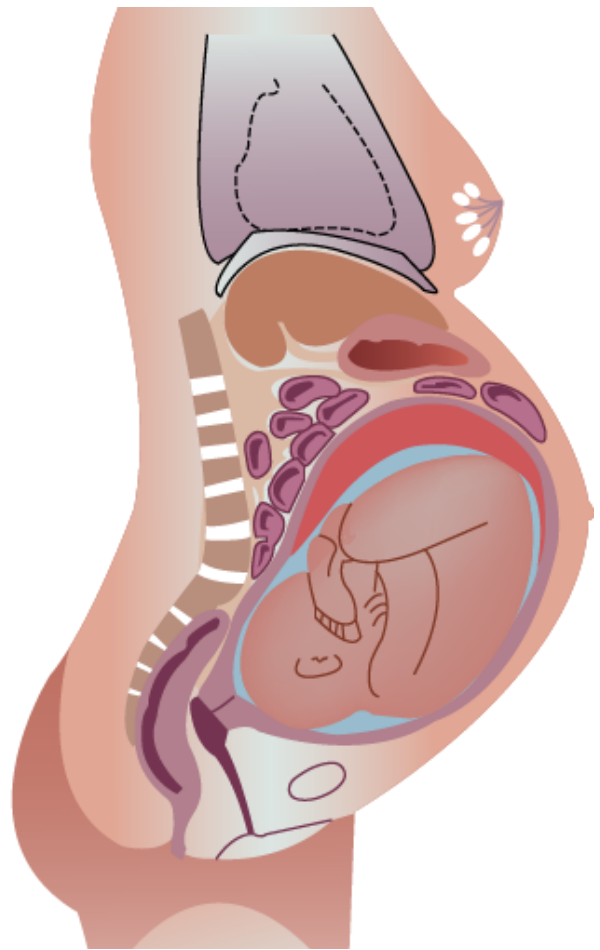
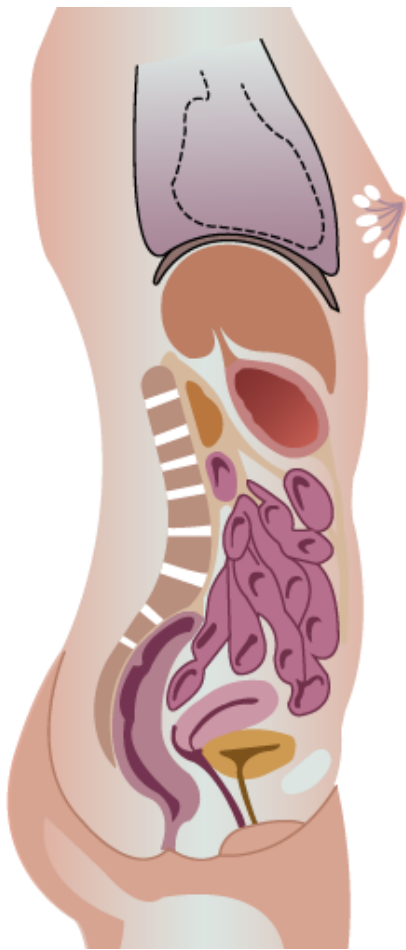


# 5 Pregnancy Changes

*Every Yoga Teacher should know to Practice Yoga Safely*

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Workbook By  
*Jennica  
Joyce*

# 5 Pregnancy Changes

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## HOW TO USE THIS WORKBOOK

Even with the best intentions, you'll have forgotten half of what you learned if you only sit and watch.

We're infinitely more likely to remember what we write down, so this workbook is designed to help you do just that.

Have this workbook handy to take notes using your computer or notepad.

You'll absorb an incredible amount of information to be able to more confidently teach and practice yoga during pregnancy.

And thank YOU again for trusting in me to help deepen your understanding of yoga during pregnancy.

Let's put to use this knowledge,

Jennica  
Joyce



*36-weeks pregnant with my second near our home in Joshua Tree, California, January 2019.*

# Pregnancy Change #1:

*Hint: 80% of this change happens the 1st trimester*

Pregnancy Change #1 is \_\_\_\_\_

## Key Takeaways

- A woman will produce more \_\_\_\_\_ during one pregnancy than throughout her entire life when not pregnant.
- \_\_\_\_\_ poses should take a backseat.

## Modifications

# Pregnancy Change #2:

*Hint: Why women spend more time in the bathroom.*

Pregnancy Change #2 is \_\_\_\_\_

## Key Takeaways

- Pregnant women produce up to \_\_\_% more \_\_\_\_\_ soon after conception.
- The best way to help a pregnant woman prevent leakage are cues that \_\_\_\_\_ the pelvic floor NOT \_\_\_\_\_.

## Modifications

# Pregnancy Change #3:

*Hint: Most falls occur as a result of this change.*

Pregnancy Change #3 is \_\_\_\_\_

## Key Takeaways

- \_\_\_\_\_% of pregnant women who fall which is a similar rate to women over the age of \_\_\_\_\_ years. Most falls occur during the \_\_\_\_\_ trimester.
- \_\_\_\_\_ is the most effective way to keep pregnant students in your class from falling NOT \_\_\_\_\_.

## Modifications

# Pregnancy Change #4:

*Hint: Feeling dizzy or faint is a result of this change.*

Pregnancy Change #4 is \_\_\_\_\_

## Key Takeaways

- With \_\_\_\_\_ and \_\_\_\_\_ during pregnancy, the heart beats more often but does not have to work as hard with each beat.
- \_\_\_\_\_ to avoid dizziness and fainting during sun salutations.

## Modifications

# Pregnancy Change #5:

*Hint: This is why some women have trouble breathing.*

Pregnancy Change #5 is \_\_\_\_\_

## Key Takeaways

- Avoid pranayama asanas like \_\_\_\_\_ and \_\_\_\_\_ during pregnancy.
- The best asanas to relieve shortness of breath are \_\_\_\_\_.

## Modifications

# Resources

## **YouTube Videos:**

[How to Safely Guide a Pregnant Yoga Student to lay on her back for Savasana](#)

By Jennica Joyce Yoga

[5 Standing Yoga Poses for Low Back Pain Safe for Pregnancy](#)

By Jennica Joyce Yoga

[Reducing fear of birth in U.S. culture](#)

By Ina May Gaskin at TEDx

## **Websites:**

[Evidence Based Birth®](https://evidencebasedbirth.com/)- <https://evidencebasedbirth.com/>

Search for the most current, evidence-based information on pregnancy and childbirth.

[Spinning Babies](https://spinningbabies.com/)- <https://spinningbabies.com/>

Use this site and videos to improve fetal position (breech, transverse, posterior).

## **Books:**

[Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth](#)

by Margo Shapiro Bachman L.Ac. DOM

[Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation](#)

By Gurmukh Kaur Khalsa

[Birth Partner 5th Edition: A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labor Companions](#)

By Penny Simpkin

## **Prenatal Yoga Teacher Training:**

[Become a certified Prenatal Yoga Teacher](http://www.JoshuaTreeRPYT.com)- [www.JoshuaTreeRPYT.com](http://www.JoshuaTreeRPYT.com)

7-Day 85 Hour Prenatal Yoga Teacher Training Retreat in Joshua Tree, California