



PRECAUTIONS

- Inform yoga teacher about the duration of your pregnancy. Your YOGA may have to be customized according to duration of pregnancy. Don't do any asanas (poses) on your back after 28 weeks of pregnancy.
- Avoid poses that stretch the muscles too much, particularly the abdominals. You're more at risk for strains, pull and other injuries right now because the pregnancy hormone 'relaxin', which allows the uterus to expand, also softens connective tissue.
- From the second trimester onwards, when your center of gravity really starts to shift, all standing poses should be done with your heel to the wall or use of a chair for support. This will avoid losing your balance and injury to yourself or your baby.
- You should drink water before and after yoga. Eat something light (banana, a piece of toast) before coming to yoga classes.
- When practicing twisting poses, twist more from the shoulder and back than from the

waist, to avoid putting any pressure on your abdomen. Go only so far in the twist as feels comfortable. Deep twists are not advisable in pregnancy.

- Listen carefully to your body. If you feel any discomfort, stop. Sit or lie down and practice simple relaxed breathing.



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IHR'S

YOGA CLASSES



During Pregnancy &
Post Pregnancy

INSTITUTE OF HUMAN REPRODUCTION
Guwahati

Yoga Classes

“YOGA” is one of the most popular word of present world. Through yoga one can improve her/his physical, mental, emotional, intellectual and spiritual stage. In the modern living “yoga” is said to be the best curative and preventive medicine.



Importance of “YOGA” for women

YOGA is beneficial to both man and woman but woman need yoga even more than man as the responsibilities thrust upon them by nature are greater than men. They have to undergo three important stages in life - menstruation, pregnancy, and menopause. In these stages physiological changes occur and in each of these a woman has to face problems and internal conflicts. These affects her physical and physiological organs as well as her mind and much of her energy is lost in coming to terms with life during these periods of change. If she choose to adopt yogasana and pranayama as part of her life, she can bring perfect balance in body and mind.

Benefits of Yoga (During Pregnancy)



YOGA,

- Improves sleep.
- Reduces stress and anxiety.
- Increases the strength, flexibility and endurance of muscles needed for child birth.
- Decreases low back pain, nausea, carpal tunnel syndrome, headache and shortness of breath.
- Decreases the risk of preterm labor, pregnancy induced hypertension and intrauterine growth restriction, a condition that slows a baby’s growth.

Benefits of Yoga (Post Pregnancy)



YOGA,

- Promotes weight loss.
- Improves cardiovascular fitness.
- Restores muscle strength.
- Conditions abdominal muscle
- Boosts energy level.
- Improves mood.
- Relieves stress.
- Help prevent and promote recovery from postpartum depression.