

WHAT DO I NEED TO KNOW ABOUT PREGNANCY YOGA?

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Across all of the research studies reviewed, there was **no increased risk to the unborn baby** from doing pregnancy yoga.

Many pregnancy yoga teachers offer concessionary rates.

WHAT IS PREGNANCY YOGA?

A comprehensive pregnancy yoga class includes asanas (postures), breathing techniques, mindfulness/meditation and deep relaxation. It is safe to do during pregnancy, adapted for you as the baby grows and there is more relaxin hormone softening your ligaments. It is recommended in the 2nd and 3rd trimesters.

You do not to be flexible or fit before you come to a class. Teachers should be able to modify postures for you if you are experiencing mild to moderate pelvic pain or sciatica.

IS PREGNANCY YOGA BENEFICIAL?

There is strong research evidence that pregnancy yoga has benefits during pregnancy and childbirth. The best quality evidence is from randomised controlled trials where one group received 10+ weeks of yoga sessions and the other group standard care or walking.

During pregnancy, 10+ weeks of yoga sessions was shown to **improve sleep, lower anxiety, depression and stress, and reduce pregnancy discomforts** between 38-40 weeks.

During childbirth, those receiving the yoga intervention had **less induction of labour, shorter first, second and third stages of labour, less instrumental deliveries, fewer caesareans, decreased severe perineal trauma and increased pain tolerance.**

Research shows that using 'flexible sacrum positions' is responsible for many of the benefits for childbirth above. In a prenatal yoga class, you will practice these positions so they feel more comfortable and normal.

For the studies and references, please go to www.tessayoga.co.uk/pregnancy-yoga-research

PRACTICING PREGNANCY YOGA

Learning from a qualified teacher is ideal to check you are practicing safely. Look for a teacher with qualifications from a known organisation like BWY, NCT, FEDANT or Birthlight.

Many research studies are based on practicing twice or three times a week. Ask your teacher for practice videos.