

Pregnancy Yoga Lesson Plan 1

LESSON PLAN AIMS & OBJECTIVES

Name:

Date:

Time:

Location:

No. of students:

Level of Students:

LESSON TOPIC: Session n. 1 of 10 week series

THEME: I'm strong and powerful in pregnancy.

AIMS: To give a 75 minute session for students in any stage of pregnancy

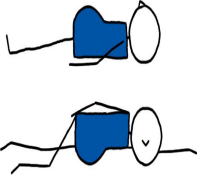
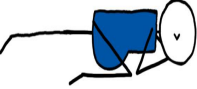
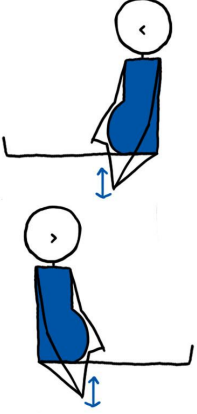
OBJECTIVES: By the end of the lesson the student should/will be able to:

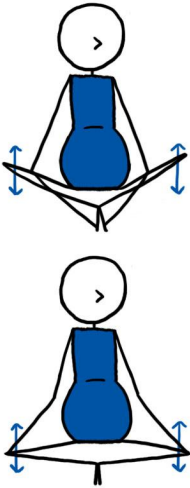
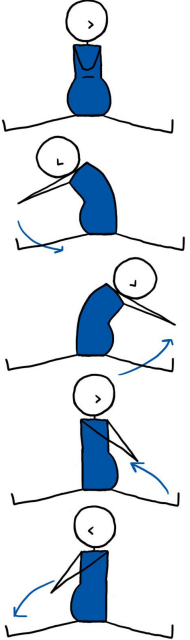
- Perform several asanas recommended for Trimester 1
- State one or two benefits for each asana
- Perform the ooooooh breathing exercise

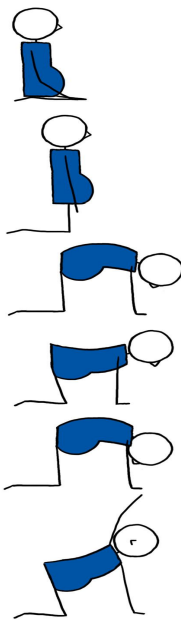
HANDOUT/READING:

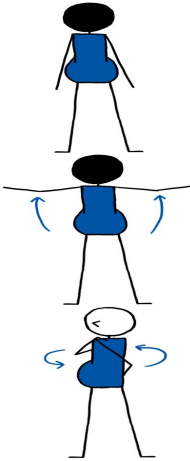
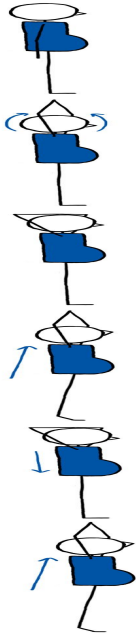
PROPS:

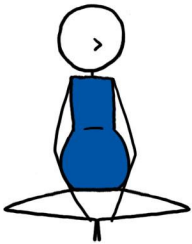
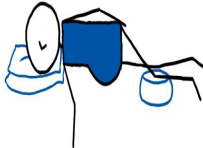
Pregnancy Yoga (Trimester 1) Lesson Plan

TIME	M	LESSON CONTENT	BENEFITS	STICK	VIDEO	ALTERNATIVES (A) MODIFICATIONS (M) PRECAUTIONS (P)
	5	RELXATION: SIDE LYING CORPSE #1 1) Lay on your left side (all side-lying poses are practiced on the LEFT side, to avoid pressure on the vena cava vein, which moves blood from the uterus to the heart). 2) Rest top arm along body. Bend top knee. Rest head on bottom arm.	Train you to relax, which is an important part of labour. Practice focused breathing and clearing the mind.			
	5	SLEEPING POSITION EXPERIMENTS Try experiment with sleeping positions that help you breathe more easily.... 1) Sleep semi-reclined, propped up on pillows or.... 2) Raise your head with an extra pillow while sleeping in the side-lying position.	Get a good night's rest.			(P) Check with doctor before practicing yoga.
	5	BUTTERFLY HALF (Baddha Konasana) 1) Sit with legs outstretched. Bend right leg and place right foot as far up on left thigh as possible. Place right hand on top of the bent right knee. 2) Hold toes of right foot with left hand. While breathing in, gently move right knee up towards chest. Breathing out, gently push knee down and try to touch floor. Trunk should not move. 3) Repeat with left leg. Slowly practice about 10 up and down movements with each leg.	Loosens hip and knee joints enabling faster delivery.			(P) Check with doctor before practicing yoga. (P) Do not strain. (P) Groin/Knee injury: Only perform with blanket support under the outer thighs.

5	BUTTERFLY (Baddha Konasana) 1) Sit with legs outstretched. Bend the knees and bring the soles of the feet together, keeping the heels as close to the body as possible. 2) Fully relax the inner thighs. 3) Clasp the feet with both hands. 4) Gently bounce the knees up and down, using the elbows as levers to press the legs down. Do not use any force. 5) Repeat up to 30 times. Straighten legs & relax.	Tension from inner thigh muscles is relieved • Removes tiredness from legs.		(P) Check with doctor before practicing yoga. (P) Do not strain. (P) Groin/Knee injury: perform with blanket support under outer thighs.
5	CHURNING THE MILL (Chakki Chalanasana) 1) Sit with legs stretched out in front of body about one foot apart. 2) Interlock fingers of both hands and hold arms out straight in front of chest. 3) Make large circular movements over both feet trying to take hands over toes on forward swing and coming as far back as possible on backward swing. 4) Practice 10 times in each direction.	Tones nerves and organs of pelvis and abdomen preparing them for pregnancy. Regulates menstrual cycle. Excellent post natal exercise.		(P) Don't practice during 2nd or 3rd Trimester. (P) Low Blood Pressure, low back pain, headache, migraine, recent abdominal surgery.

5	CAT STRETCH (Marjariasana) 1) Sit with buttocks on heels (hero). 2) Raise buttocks and stand on knees. Lean forward and place hands flat on floor. 3) Inhale while raising head and depressing spine so that the back becomes concave. Exhale, while lowering the head and stretching the spine upward. 4) At end of exhalation contract abdomen and pull in buttocks. Head will be now between arms, facing thighs. This is one round. 5) Repeat 5-10 times.	Improves flexibility of neck, shoulders and spine. Tones female reproductive system.		(P) Check with doctor before practicing yoga. (P) Can be safely practiced during first 6 months of pregnancy. (P) Don't strain yourself.
5	CHOPPING WOOD (Kashta Takshanasana) 1) Sit in squatting pose with feet flat on ground and one and a half feet apart. Clasp fingers of hand and place them on floor between feet. 2) Imagine action of chopping wood. Raise arms as high as possible, behind head, stretching the spine upward. Look up towards hands. Make a downward stroke. Expel breath making an "Ha" sound and removing all air from lungs. Hands should return towards the feet. This is one round. 3) Practice 5-10 rounds.	Loosens pelvic girdle and tones pelvic muscles.		(P) Check with doctor before practicing yoga. (P) Women with a low-lying placenta need to stay away from squats.

5	WAIST ROTATING (Kati Chakrasana) 1) Stand with feet about half a meter apart and arms by sides. 2) Inhale while raising the arms to shoulder level. Exhale and twist body to left. 3) Bring right hand to left shoulder and wrap left arm around the back. Look over left shoulder. Hold breath for 2 seconds, inhale and return to starting position. Keep feet firmly on ground while twisting. Repeat on other side. Do about 5-10 rounds.	Tones waist, back and hip. Feel lighter. Relieves physical and mental tension. Aligns spine. Corrects posture.		(P) Do twisting smoothly without any jerking.
5	PALM TREE (Tadasana) 1) Stand with feet together and arms on side. 2) Raise arms over head, interlock fingers and turn palms upward. 3) Place hands over head. Inhale and stretch arms, shoulders and chest upwards. 4) Raise heels to come up on toes. 5) Stretch whole body from top to bottom. 6) Lower heels while exhaling and bring hands on top of head. Relax for few seconds and repeat 5-10 times.	Helps develop physical and mental balance. Entire spine is stretched and loosened, helping to clear congestion of spinal nerves. Stretches rectos abdominal muscles keeping the nerves toned.		(P) Ankle injury

5	OOOOOOOH BREATH 1) Breath in through your nose and out through your mouth. Keep your mouth very soft as you sigh the breath out. 2) Make a sound on the out-breath, such as "ooooooooh", or "aaaaaah".	Panic-breathing is a common reaction to labour. In labour, aim is to conserve energy and give baby plenty of oxygen to help with labour. Rhythmic breathing can help.		(P) Check with doctor before practicing yoga. (P) Have sips of water to prevent your mouth from becoming dry.
10	RELXATION: SIDE LYING CORPSE WITH PILLOWS 1) Lay on left side (all side-lying poses are practiced on LEFT side to avoid pressure on vena cava vein, which moves blood from uterus to the heart). 2) Use pillow under knee and head. Bottom arm extended out. Top arm folded with palm over belly. Take deep breathes.	Train you to relax, which is an important part of labour. Practice focused breathing and clearing the mind.		

This week's posture/asana – **Palm Tree**

This week's saying/thought – I grow spiritually every day.

Benefits – Helps develop physical and mental balance ♦ Entire spine is stretched and loosened, helping to clear congestion of spinal nerves ♦ Stretches rectos abdominal muscles keeping the nerves toned

