

Sample Prenatal Yoga Class

This example presents a basic sequence of poses appropriate for a prenatal yoga class. The sequence includes modified traditional asanas, as well as those designed to ease or strengthen specific areas related to the special needs of pregnant women. This is a generic outline appropriate for all stages of pregnancy. The durations indicated include slow transition times for a 60-minute class. If you are interested in teaching prenatal classes, please pursue training with a certified prenatal yoga training school.



1 Seated meditation; using props to bring physical ease in this centering period (5 minutes)



2 Garudasana (Eagle Pose) arm and shoulder rolls; gently loosening tensions in the upper body (1 to 2 minutes for each side)



3 Durga-Go (Cat and Cow Pose); possible gentle warm-up and beneficial for spinal strength (1 to 2 minutes)



4 Low lunge; for loosening and opening the pelvis and hips (1 to 3 minutes for each side)



5 Balasana (Child's Pose); drawing the legs wider as the pregnancy advances (1 to 2 minutes)



6 Kneeling Gomukhasana (Cow's Face Pose), arms only; strength building for the lower body and loosening for the upper body (1 to 3 minutes for each side)



7 Tadasana (Mountain Pose); legs only as wide as feels stable (1 to 1.5 minutes)



8 Modified Uttanasana (Intense Forward Bend); using props such as blocks, or a chair seat or wall (1 to 1.5 minutes)



9 Utkata Konasana (Fire Angle Pose); strengthening and expansion for the hips and pelvis (0.5 to 1 minute)



10 Vrksasana (Tree Pose); best practiced near a wall or chair as pregnancy advances and students' balance begins to shift (0.5 to 1.5 minutes for each side)



11 Malasana (Basic Squat, or Bead Pose); important pelvic opening pose, beneficial for elongating the low back, using props for balance as pregnancy advances (0.5 to 1.5 minutes)



12 Baddha Konasana (Bound Angle Pose); another important pelvis opener (1 to 3 minutes)



13 Janu Shirshasana (Head-to-Knee Pose); as pregnancy advances, straight leg abducted more and props used for abdomen and upper body (1 to 2 minutes for each side)



14 Modified Ardha Matseyendrasana (Half Lord of the Fishes Pose); rotating only from upper thoracic region as pregnancy advances (0.5 to 1 minute for each side)



15 Modified Supta Padangusthasana (Reclining Hand-to-Toe Pose); practicing on the side to avoid pressure on the inferior vena cava (the main vein returning blood to the heart). An additional seated variation allows the student to remain upright if it feels more comfortable for her (1 to 3 minutes for each side)



16 Shavasana (Corpse Pose); practicing in side-lying position after the first trimester and modifying for specific needs of each student. This pose should be practiced lying on the left side to avoid putting pressure on the vena cava (10 to 20 minutes)