

Registration Form for Pregnancy Yoga Class - Strictly Confidential

Name:

Address:

Phone (Home and Work):

Mobile number:

Email:

Occupation:

Date of Birth:

Due date and planned place of delivery:

GP/Midwifery practice:

Details of previous pregnancies

Please give ages of children:

Previous miscarriages:

In this pregnancy have you experienced? (please tick)

Morning sickness

Constipation

Nosebleeds

Lower back pain

Varicose veins

High blood pressure

Depression

Headaches

Heartburn

Anaemia

Sciatica

Oedema

Pre-eclampsia

Anxiety

Dizziness

Breathlessness

Diabetes

Aching groins

Sleep disturbances

Bleeding

Please give details of above or any other health issues, surgery or injuries:

Have you practised yoga before, if so how long, what style etc?

How did you hear about this course?

Please advise me if any information changes.

Please read the notes on how to develop a healthy and safe practise.

Many Thanks for filling out this form!

Name:

As far as I am aware, I have disclosed to my Yoga teacher all information regarding my health relevant to the practice of Yoga during pregnancy, in the course of labour and during the months following childbirth.

I take full responsibility for all applications of Yoga I may practise outside the yoga classes during my pregnancy, in labour and after giving birth.

I accept that the teacher does not take responsibility for any applications of Yoga practices described or shown in books and videos.

I fully understand that the recommendations, ideas or techniques expressed and described in Yoga classes as well as in books and videos cannot be regarded as substitutes for the advice of qualified medical practitioners.

Any uses to which the recommendations, ideas and techniques are put are at my sole discretion and risk.

Signed:

Date:

Anja Lange YRT, YAdip
Benefits of Yoga in Pregnancy

Practising yoga during your pregnancy may benefit you in many ways.

Enhance strength and fitness

Yoga is a great way of bringing awareness to your body while gaining physical body strength and better stamina

Improve balance, posture and stability

Being mindfull of how we use our body we will explore safe ways to find our centre of gravity as it changes with the growth of baby. A good posture can alliviate many aches and pains such as lower back ache and sciatica as well as breathlessness.

Relieve emotional stress and anxiety

With the awareness of breath we connect our physical body and mental/emotional state. Yoga gives us a positive attitude as we explore how our body moves and accomodates for a growing baby. Learning breathing exercises helps us to relax and is also a great tool for birthing.

Healthy Pregnancy - Healthy yoga practise

Congratulations on your pregnancy and welcome to yoga!

Being pregnant is a transformative and natural state in a woman's life. Listen to your own body and let your body guide you through your practise.

Due to the changes in your body please note the following in your yoga practise:

Flexibility: Hormonal changes will make your body more flexible to allow for the growth of your baby and to prepare for delivery. If you are new to yoga do not push yourself - only go 80% of what your body will allow you and stay there. If you are already practising yoga stay avoid going any further than what you could do before your pregnancy.

Lying supine. Avoid lying on your back as your baby starts to grow (after 12-16 weeks) for too long. As a general guide you may want to lie on your side or other alternatives discussed in class.

Stomach crunches: Avoid pressure on your stomach - give your baby room and space to grow and move. You will start using your leg muscles to more. So avoid building stomach muscles at this time.

Forward bends: As above make space for your baby. You can still do forward bends but allow plenty of space for your bump and keep your legs apart to make room for your growing baby.

Twists: As above - there are plenty of twists to help open your upper body that will not put pressure on your abdomen.

Backbends: Should be done very carefully to open the upper chest only. Otherwise it will overstretch your abdomen, which is already expanding, and may put too much pressure on your lower back.

Squats: Deep squats with no support in late pregnancy (32-34 weeks) as it is unhelpful for the baby's positioning as it tries to engage in the pelvis.

Inversions: Are generally not recommended in pregnancy due to the baby's and placenta's positioning.

Keep moving - body and breath: let your body move to avoid any discomfort some static postures may bring. Your breath should flow easy so do not do any breath retention at this state or certain pranayama (bhastrika and kapalabhati) or uddiyana bandha.

Most importantly this is a good time to listen to your body and breath. Take it easy, modify whenever you need and ease out of a posture that gives any form of pain. If you have any queries please speak to your yoga teacher and midwife/GP.