



PRENATAL YOGA
TEACHER TRAINING

EDGE YOGA SCHOOL



CHAPTER ONE

EDGE YOGA SCHOOL





1

CROSS-LEGGED POSE

Start in a Cross-Legged Pose. Hands gently resting on the knees. Sit with back straight to create space in your belly. Settle into the breath. Stay connected with your breath as this is a tool throughout pregnancy as well as during labor and delivery. It may be more comfortable for the student to elevate the hips with a blanket, bolster, or roll up the end of the mat.



2

SEATED ARM REACHES

Bring each hand to the side of the mat. Gently bring the arms up to the sky and back down to facilitate the breath. Exhale as hands are brought down to the mat. Inhale as hands are swept up to the sky. The arms are not to go above shoulder level if in the first trimester and as is comfortable for second and third trimester.



3

REVERSE PRAYER

Gently bring the hands to the back of the heart and then connect to the heart center. Encourage the student to be mindful of posture as she reaches back.

This posture is cautioned in the first trimester with the arms overhead due to the possibility of compression to the uterus. It is intended to be a mild stretch.



4

SEATED PRAYER POSE

Connect to the heart center. Continue to use the heart as the center of the practice. This is an opportunity to connect with the baby. This is an excellent posture to offer at the beginning of class to remind students they can choose to bring their hands to prayer at any time. It is also the default arm position for first trimester students.



5

SEATED EAGLE ARMS

Eagle Arms open up the shoulder girdle as that is an area that can get very tight, especially during the second trimester. Bring the right arm to a 90-degree angle. Lace the opposite arm around and latch the thumbs. Align the palms. Focus on Ujjayi breathing. Allow time and space to stay in this pose for a longer period of time. Gently release.



6

SEATED SIDE EAGLE ARMS

Bring the arms to a 90-degree angle. Lace the opposite hand around and latch on the thumb. Modification: Cat/Cow. Snug the belly into Cat. Extend the shoulders and sternum up into a Cow pose. This pose allows the shoulders to open. This posture is appropriate for the second and third trimester but contraindicated in the first trimester due to the twist.



7

SEATED LEANING PALM

Slide a hand out on the side where is comfortable. Inhale the opposite arm up and a gentle lean over. Incorporate the engagement of the oblique. Gaze up to the lifted hand as is possible. Breathe to the opening of the side body. Focus on Ujjayi Breath. Slowly return to center. Side bends must remain soft in the first trimester.



8

RIBCAGE ROLLS

Breathe deeply. Relax shoulders back and down. Switch to bring some pressure to the opposite knee, bring the other hand behind for support. Press down to find some more opening on hip and groin. Lean slightly to the side to encourage the engagement of the sacrum and the lower back. Come back to center.

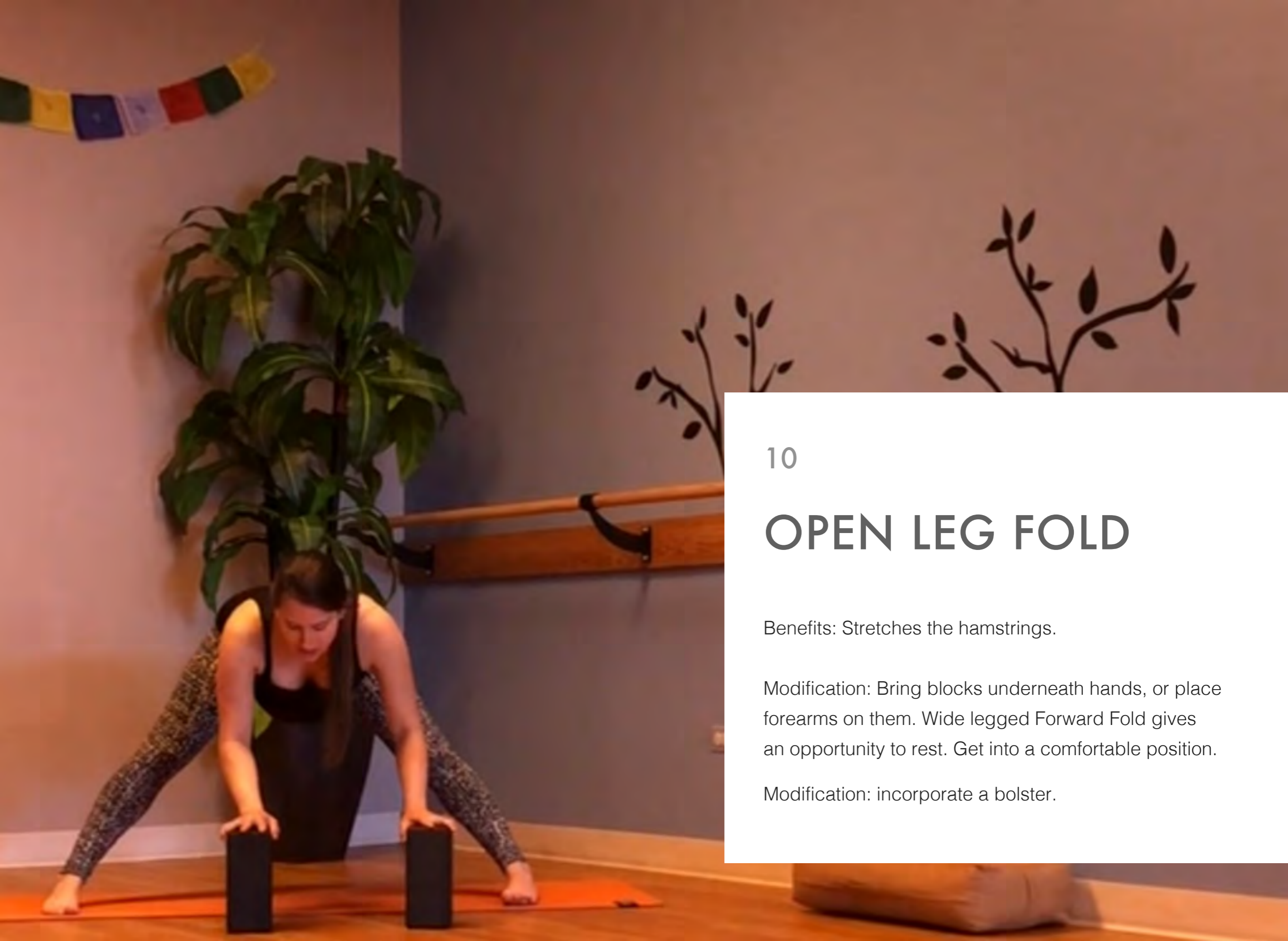


9

WARRIOR II

Benefits: builds strength, presence, courage, and confidence during pregnancy before labor.

Back foot opens up at 90-degree angle. Windmill arms up and bend front knee into Warrior II. Check alignment of posture. Check the shoulders. Arms come in a straight line from the shoulders. Keep good posture. Warrior II can be used as a transitioning posture to other poses.



10

OPEN LEG FOLD

Benefits: Stretches the hamstrings.

Modification: Bring blocks underneath hands, or place forearms on them. Wide legged Forward Fold gives an opportunity to rest. Get into a comfortable position.

Modification: incorporate a bolster.



11

OPEN LEG REVOLVED TWIST

Twist into a wide legged forward fold. Ground down one hand to a block. Bring opposite arm skyward along with your gaze. Feel a slight opening to the oblique. Bring hand to the middle. Take time to recalibrate before switching to the opposite side. Return both hands to the blocks. Use blocks to walk to Pyramid.



12

WIDE LEGGED SALUTE

Start from Warrior II and inhale arms up. Straighten the front leg. Bring hands together. Look up. Exhale arms down, dipping back into Warrior II. Flow with the breath. Feel the lightness.



13

PEACEFUL WARRIOR

Start in Warrior II and move to Reverse Warrior. Come back and bring your arm up. Do not extend your back bend too far. Go as far as you can. Move back and forth between Reverse Warrior and Triangle. Inhale into Reverse as you expand your chest. Exhale into Triangle as the chest come down toward the core. This flow helps the blood to get moving and helps facilitate balance. Return to Warrior II.



14

SUPPORTED LUNGE WITH BLOCKS

Come to a High Lunge. Bring back foot up. Bend front knee. Use blocks for support. Remind the student as the belly continues to grow that the blocks create space for baby. Be sure to use only sturdy blocks for this posture.



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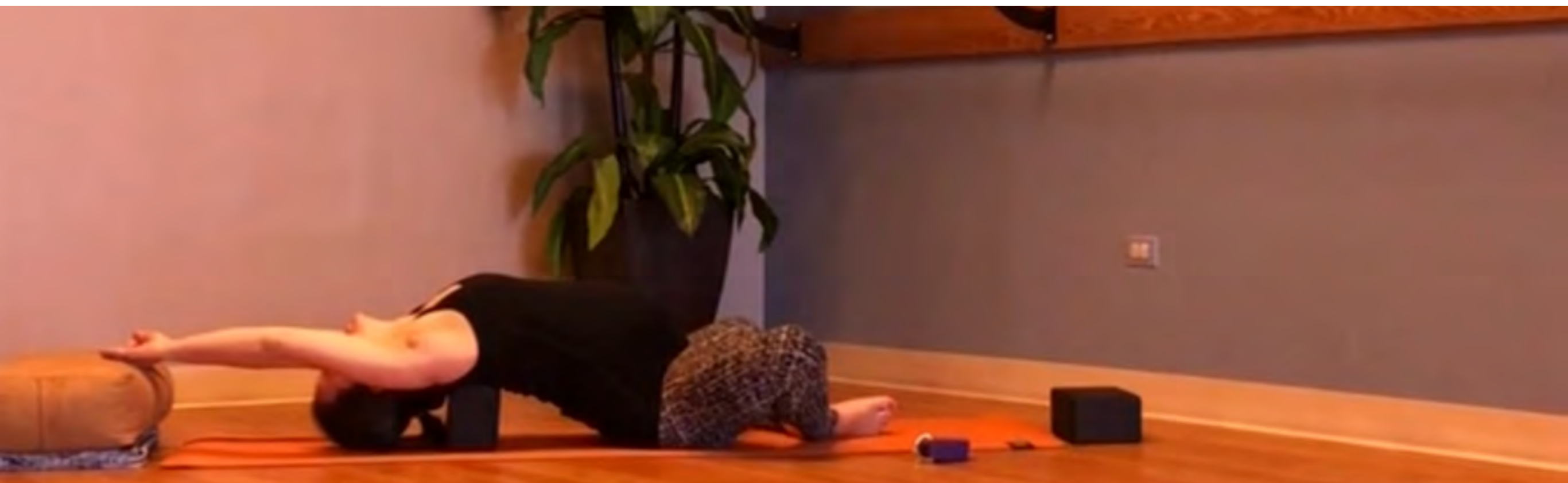
KNEELING CRESCENT LUNGE

Start by coming from High Lunge. Bring knee to the mat into a Low Lunge. Inhale arms up. Benefits: Opens hips during pregnancy and prepare for birth. Move back into a hamstring stretch. Inhale coming forward to the Low Lunge, exhale come back to hamstring stretch. Arms can come high in Low Lunge. Flow between these two poses.

CHAPTER TWO

EDGE YOGA SCHOOL





Tip: Blocks can be used instead of bolster.

BUTTERFLY MORNING STRETCH

Incorporate props to prenatal class to aid the expectant mother. Keep Butterfly legs to go to Reclined Goddess Pose. Take a block and position it underneath the shoulder blades. Gently ease into the mat, avoiding acute movements. Adjust block and recline back. Open arms widely. Modification: Goal Post Arms.

Notes:



Tip: Bent knees may remain together if more comfortable.

BUTTERFLY GOAL POST ARMS

Bring arms into Goal Post as you would in Goddess Posture.
Modification: Bring arms all the way up overhead for more engagement through the Throat Chakra and the opening of heart.
This is a very restorative posture. Allow time to sink into this pose.
To exit this pose, bring elbows underneath to guide you back into a Seated Position.

Notes:



Tip: Keep a mindful eye on the alignment of the back leg.

PIGEON WITH EXTENDED ARMS ON BOLSTER

Incorporate a bolster to accommodate the belly. Keep one leg forward and send the opposite leg long to the back. Keep palms or forearms on the bolster. Find the right balance to make sure the belly is comfortable and is not constricted by the mat or bolster and get the appropriate hip opening.

Option to keep the forearms on the bolster. If it is helpful bring a block to the side. Creatively using props for comfort. A blanket can also be folded to elevate the hips to keep the pelvis neutral.

Notes:



Tip: The use of the block under the back leg creates room for belly.

PIGEON ASSISTED WITH BLOCK

Use blocks to aid the Pigeon Pose. Bring block to the back leg, underneath the thigh to give extra room to the belly. To come out the pose, roll on to the hip and then remove the block. Go to a Seated Position. Bring opposite leg in front and the other leg extended behind you.

Notes:



Tip: Option to keep back knee down.

LUNGE WITH BLOCK

Lunge with Block

Lizard Pose. Start with a Tabletop Position. Blocks can be kept underneath arms. Step one foot forward for a Low Lunge. Rearrange leg to adjust the belly. Allow time and space for appropriate positioning. Take front foot to the outside of the same side arm. Back leg is down. Focus on the hip opening. Modification: engage back foot and bring the knee off the mat if feeling strong, sturdy, and stable.

Notes:



Tip: Be sure block is sturdy and flat to ensure safety.

SOFT LUNGE WITH BLOCK

In Lizard Pose, lower the back knee and focus on the hip opening. Modification: hip circles. Move hips around clockwise and counterclockwise to address all areas of tension. Find a deeper expression of the Lunge Pose after hip circles. Shift the weight back to bring hip above the knee. Step out of the Lizard. Switch legs. Modification: come up to the fingertips to open heart and hips.

Notes:



Tip: Can be done seated on a bolster for a less intense stretch.

KNEELING PYRAMID WITH BLOCK

Bring hips back and allow a deep hamstring stretch. Tent fingers to press up to the shoulders and open up the back. Transition to Lizard Pose. Bring hips back again and foot around. Come to Tabletop Position.

Notes:



Tip: This posture is appropriate for the second and third trimester.

GENTLE KIDNEY SQUEEZE

Start with Tabletop Position. Start by wagging your tail. This sequence provides a great way to detoxify the body. Notice the encouragement of hip mobility, the opening of the oblique, the core strength required. Return to center.

Notes:



Tip: Option to keep both knees down.

OPPOSITE ARM/LEG REACH

Alternate arms and legs as a balancing posture to build core strength. Extend one arm long and bring the opposite leg up. Encourage the flexion of the back foot. Arm is coming directly out of the shoulder. Leg is coming directly out of the hip. Exhale down. Rest in the center before switching to the opposite side.
Modification: Rest in Child Pose.

Notes:



Tip: Drape fingertips over edge of bolster to rest upper body and neck.

CHILD'S POSE WITH ARMS DRAPED ON BOLSTER

Incorporate the bolster horizontally. Bring arms up and over the bolster. Rest the third eye on the bolster.

Notes:



Tip: This is a great pose for savasana.

CHILD'S POSE RESTING ON BOLSTER

Place bolster vertically on the mat. Arms can be set on the mat.
Modification: Rest chest on the bolster to go further forward and come deeper into the hips as belly has additional space.

Notes:



Tip: Be sure to have your student turn their head halfway through.

CHILD'S POSE WITH BOLSTER, BLANKET AND CHEST OPENER

Bolster placed vertically. Chest resting on the bolster. Bring hands back and around resting on knees or hips. Allow time in this restorative posture. Can be used as a final relaxation before closing class. Spend plenty of time to get out of the pose.

Notes:



Tip: Remind your student to keep their elbows soft.

TABLE TOP ON BLANKET

This pose needs to be modified through the trimesters. Do not fully express this pose during the third trimester. Flex the base of the spine. Bring shoulders and tailbone up. Extend head up. During the third trimester, do not arch back all the way, which puts undue stress on the growing belly. During the first and second trimester, this pose can be fully expressed.

Notes:



Tip: Tops of feet can be rested on mat or feet can be flexed to stretch out the soles of the feet.

COW WITH SOFT BACK EXTENSION

Come into cow pose as you lift your tailbone and your chin. Allow your belly to fall as much as is comfortable. Shoulders over wrists and knees over ankles. Feel the soft curvature of the neck as it lifts, or choose to keep your gaze at the mat. Go into a neutral spine in Tabletop.

Notes:



Tip: This posture can be done on a bolster with Dolphin Arms.

CAT WITH SOFT BACK

Transition into Cat Pose. Bring the navel into the spine. Focus on both the tailbone and shoulders. Crawl shoulders underneath and tuck into the neck. Feel the transition between Cat/Cow. Feel the massage in the spine. This will assist your child in proper positioning to prepare for birth. Go into a neutral spine in Tabletop.

Notes:



Tip: This posture traditionally cues for core engagement but is not possible for the pregnant practitioner.

TABLETOP WITH ARM AND LEG EXTENSION

Tabletop with Arm and Leg Extension

Connect with your breath. Alternate breath between this series of postures to use as a flow. Inhale up, and exhale back to the mat. Inhale up the opposite side, exhale back to the mat. The flow generates both strength and relaxation.

Notes:



Tip: Students may choose to use a bolster or blocks to raise the floor to them in this posture.

DOLPHIN FACING DOG

Incorporate the bolster for added stability and to reduce the severity of the pose. Bring forearms down on to the bolster. Crawl toes back underneath. Press up and back into the Dolphin Pose. Heels might be brought down into the mat.

Notes:



Tip: Remind the student that it is common for the heels not to touch the mat as pregnancy progresses.

DOPHIN FACING DOG WITH BOLSTER

Incorporate the bolster for added stability and to reduce the severity of the pose. Bring forearms down on to the bolster. Crawl toes back underneath. Press up and back into the Dolphin Pose. Heels might be brought down into the mat. Incorporate the bolster for added stability and to reduce the severity of the pose. Bring forearms down on to the bolster. Crawl toes back underneath. Press up and back into the Dolphin Pose. Heels might be brought down into the mat.

Notes:



Tip: Student may choose to do Puppy Pose by bending the knees instead of Downward Facing Dog.

DOWNWARD FACING DOG

Place palms down directly on the mat. Fingers are spread to protect the wrists. Engage toes underneath. Press up half way and back to Downward Facing Dog. Go to Child Pose to restore and slow down the breathing and restore heart rate to normal. Use blanket on the knee to avoid constriction to the belly if needed.

Notes:



Tip: Allowing the hips to come high may be more comfortable for the student.

CHILD'S POSE ON FOREARMS

Frog Pose. Find your knees wide as in Child's Pose. Feet come to the sides, flexed. Arms come slowly to the ground to the mat.

Modifications: use block or bolster to rest head in this pose. Move hips forward and backward to explore areas that might be tighter and might need more attention. Place palms on the mat to incorporate gentle hip circles. Move hips in both directions. Come out of the pose by bringing the feet back together. Curl toes underneath and bring knees together. Come to Tabletop Position. Benefits: Opening of the hips and groin, and better positioning for the baby.

Notes:



Tip: Be mindful to keep only a gentle bend in the side body for first trimester students.

SUPPORTED SIDE GATE

Start in a Tabletop Pose. Step one leg out to the side. Use arms assisting you to go up into an upright position. Bring your hand over the extended leg and shift downward. Bring opposite arm up and over, encouraging the opening of the oblique. Look up skyward or into the leg. -

Notes:



Tip: Cup the palm of the hand to engage the muscles of the forearm and protect the wrists.

SIDE GATE

From Supported Side Gate, extend the lifted arm and bring it down into the mat. Fingers pointing outward for support. Bring the opposite arm up. Create a straight line with the arms. Find an assisted side plank. Foot that is extended is facing forward.

Benefits: builds core strength in a very controlled atmosphere, the knees assist and protect the body from any injury.

Flow with the breath in the sequence of Side Plank and Gate Pose. Exhale to Side Gate Plank, Inhale to come up and open to Supported Side Gate. Return to center. Go back to the Tabletop Pose to feel stability. Incorporate hip circles. Move up all the way up to the hands, and back to almost Child's Pose as far as the belly allows. Move the hips side to side.

Notes:



Tip: A counter can be used in lieu of a barre.

WARRIOR THREE WITH BAR SUPPORT

Face the bar. Hands shoulder width apart on the bar. Position one foot underneath you and extend the other leg back. Back leg flexed. Return to Standing Posture. Modification: If elbows are bending, press leg a little further back to allow head to come through the arms. Benefits: Increases the strength of the core, opens the hamstrings, calves, and shoulder. Switch legs.

Notes:



Tip: Be sure the pregnant student remains on the left side to optimize oxygen to the mother and baby.

QUAD STRETCH

Roll to the side. Find a Reclined Dancer Pose. A blanket can be used underneath the arms for comfort. On the side bring arm long. Grab the back foot of the top leg and extend out and long. Find an opening to the shoulders, extension through the lower back, and engagement through the belly. Be gentle with the belly, if it is too extreme, find a restorative posture. Switch to the opposite side. Both sides will feel different.

Notes:



CORPSE POSE SUPPORTED WITH RAMP

For Savasana, use 2 blocks and a bolster to build a ramp. A low ramp can be built during the first and second trimester. During the third trimester use a higher ramp to stay upright. Arms open wide to the side, encouraging the engagement through the chest and the shoulders. If this is uncomfortable, use left-hand side laying Savasana. Find your left-hand side to enter your Savasana. Upper knee on the bolster. Blanket underneath the head. Blocks behind for more stability. Arm rests on the hip. Feel great comfort in this pose. Take time to assist your transition to an upright position.

Tip: The bolster ramp allows the prenatal student to safely be on her back, as it reduces the pressure on the vena cava vein which supplies blood to the heart.

Notes:

CHAPTER THREE

EDGE YOGA SCHOOL



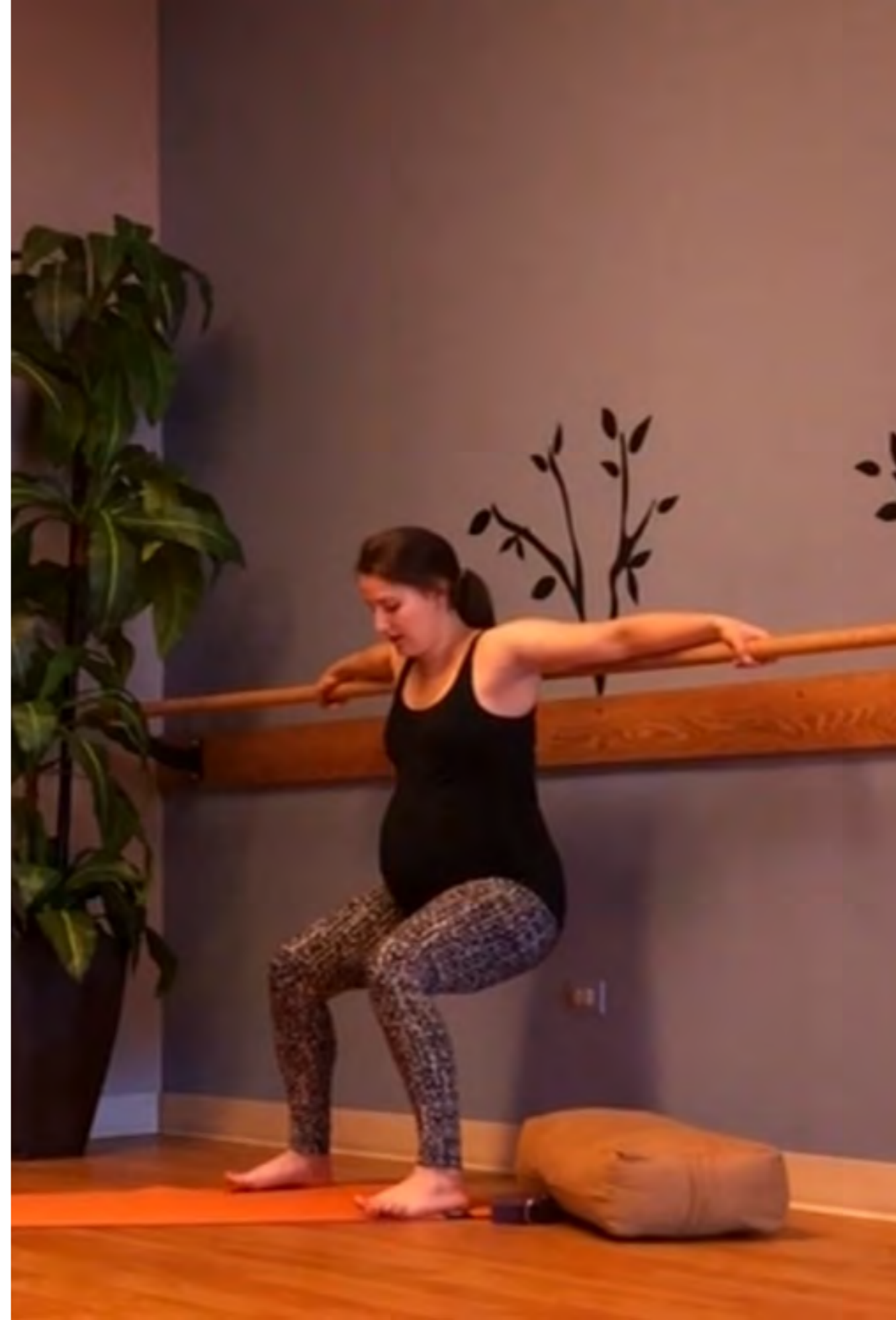
CHAIR POSE WITH BAR

Offer the bar for stability. Options: the student can face the bar or use the bar from behind bringing the elbows back. Face away from the bar. Place hands on the bar with elbows bent back.

Modification: extend the hands on the bar. Bring feet shoulder-width apart. Feet can also be opened a little bit wider to make space for the belly. Dip down. Feel the engagement of the quadriceps. Strong legs will help in labor. Inhale up. Use legs to come up. Engage your legs to lift with hands on the bar. Hands are on the bar to make you feel safe while coming up.

Wall facing option: Bring hands to the bar. Find the position of the feet that is helpful and gives room to the belly (mid or shoulder length). Sit back into chair pose. The bar brings a feeling of stability, do not rely on it. Return to the Standing Position.

Notes:



TREE SUPPORTED WITH BAR

Benefits: balancing posture, helps to create strength in core muscles.

Face one side. Place a hand on the bar. Walk through each modification before trying fuller expression of Tree Pose. Root down in Mountain Pose. Find stability in four corners of your feet. Bring all your weight to one foot and bring the other to the side. Find balance and comfort in each progressive pose. Extend the other arm long. Bring foot up to the calf. Keep the foot off the knee to avoid damage to the joints. Modification: Wall facing option for added stability. Do not bring foot all the way up to the thighs. Arms can be sent up, down to the sides, or in the heart center. Leg can be brought up to a low posture. Lower foot down with the help of the bar, in a controlled way. Switch legs to ensure equilibrium.

Notes:



DANCER'S POSE WITH BAR

Offer in a balanced series. Grab the bar with one hand. Have enough distance between the hand and the bar for stability. Grab the back leg and open up and through. Stop if there is too much engagement of the abdomen. Engage your back to continue to strengthen and use flexion to counterbalance the weight of the belly. Switch sides. This posture can also be performed with a bent knee if more comfortable. This posture is not appropriate for a first trimester student as it compresses the uterus. It must remain a soft backbend and a good way to stretch the hip flexors but is not advised if a deep backbend is necessary to reach the foot. Consider use of a strap in lieu of the hand to foot.

Notes:



