

Yoga Exercises For Pregnant Women

Pregnant women can definitely benefit from doing yoga. The experience is one in which you can focus on what is happening within your body, relieve the stresses from worry and anxiety as well as keep your body in shape during this time. Pregnancy is a time of great risk though, so any and all exercises performed during this time need to be done with great care. At any time that you feel that you have overdone it, stop and rest. Make sure to ask your doctor if yoga is safe for you during pregnancy especially if you have any complications during it.

Exercises You Can Enjoy And Reap Benefits From

Yoga breathing: Probably the most important aspect to the pregnant women is relaxing and relieving stress. Although it is not an exercise, it is a way of taking control of the body once again to encourage positive-ness and to increase health. The right breathing techniques can provide many benefits. Take the time to practice the most basic of techniques that yoga teaches in breathing.

Standing Yoga poses: In your first trimester, the best exercises to do are the standing yoga poses. These are basic and taught in most yoga sessions. This will help strengthen your legs and muscles and help with circulation while reducing leg cramps too.

Asanas: In the next couple of months, you can do what feels right to you. But, never push too hard. You may want to reduce the time that you spend practicing the Asanas as you do not want to overwork or tire your body.

Moderate twisting: You can do supine poses, backbends as well as some twisting as long as you are comfortable. Just ensure that you are doing these in moderation.

Word Of Caution

It is important to note that many yoga practitioners warn against practicing yoga from the tenth through the fourteenth week of pregnancy since these are crucial times in development. Also, it is important to never overstretch the abdomen during any time of the pregnancy. When twisting, do so with your shoulders and the upper back only. As for inversion poses, only do them through the seventh month if you are completely comfortable doing them. Never push too hard and yoga will be very enjoyable during pregnancy.

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About the Author

Mike Singh is the publisher of <http://www.yoga-made-ez.com/> On this free online yoga resource, he provides more articles about health benefits of yoga.