

# Yoga & Pregnancy Cautions & Safety

## Suggestions Quiz

1. What conditions cannot safely be accommodated in a general class and should prompt a referral to a Prenatal Yoga Class?

2. What is the primary caution related to breathing?

3. What type of breathing practices are best for pregnant students?

4. Describe general safety cautions related to heat and heart rate.

5. What two general practice guidelines are given due to the hormonal changes that cause muscles, ligaments and tendons to relax?

6. What is a potential alternative for poses that are typically practiced on the belly?

7. What is an alternative for supine poses?

8. Describe a resting pose that can be used as needed throughout class.

9. What additional safety suggestions apply to the first trimester?

10. What additional safety suggestions apply to the second trimester?

11. What is an additional consideration during the third trimester?

12. What poses are contraindicated during pregnancy?