

the well

a community space for
yoga & the healing arts



3711 Old Columbia
Pike Ellicott City, MD
21043
(443) 418-8944
EllicottCityWellness.com

Kundalini Yoga While Pregnant or Menstruating

Yoga While Pregnant

- If you are pregnant please get permission from your doctor to take any yoga class.
- During pregnancy all physical exercises should be calm and quiet. We encourage you to listen to your body and to rest when necessary even if the exercise is not finished

The following exercises should NOT be done during pregnancy after the 120th day, or if you have any medical complications:

- Any exercise which applies pressure to the abdominal area
- Any exercise that is over-stimulating
- Breath of Fire
- Mulbandh (root lock)
- Leg Lifts (except when lying on your side)
- Exercising to the point of exhaustion
- Exercises which raise the pulse above 140 beats per minute
- All inverted postures
- Sat Kriya
- Lying on the back (or front, of course) after the 4th-6th month – relax on your side and avoid any postures that involve lying on the back

Meditation and chanting is recommended during pregnancy.

Yoga While Menstruating

The above section on Yoga while Pregnant, in general, applies to your first day of your cycle and the next few if the flow is heavy.

You are encouraged to increase awareness of your body's limitations and capacity during menstruation.

A light breath of fire is permissible as it may actually adjust the menstruation, especially if you have a regular breath of fire practice.