

<b>C1 Modifications for Pregnancy</b>		
	<b>18-42 weeks</b>	<b>postpartum period</b>
Balasana	with block, if belly hitting the floor	no change
Adho Mukha Svanasana	avoid after 35 weeks if baby is in good position; blocks optional for added height; downward puppy another option	no change
Uttanasana A	legs wider	no change
Samasthiti	legs hip-width distance	no change
Tadasana	legs hip-width distance	no change
Uttanasana B	with caution	no change
Chaturanga Dandasana	with caution, use knees or skip if difficult	with caution
Urdhva Mukha Svanasana	gentler, with belly held back or skip	use prenatal modification
Utkatasana	legs hip-width distance	no change
Virabhadrasana II	with caution	no change
Utthita Parsvotanasana	possible hand to knee instead of elbow	no change
Parivrtta Virabhadrasana II	very gentle	no change
Supta Baddha Konasana		contraindicated; sat kriya or spinal extension
Sit ups	contraindicated: find side core instead (clam shells)	contraindicated; sat kriya or spinal extension
Abdominal twists	contraindicated: find side core instead (leg lifts)	contraindicated; sat kriya or spinal extension
Navasana	controversial: offer incline tabletop or incline plank instead or spine strengtheners	contraindicated; sat kriya or spinal extension
Anjaneyasana	with caution	no change
Parivrtta Anjaneyasana	Controversial: arms at shoulder height with very mild twist only	no change
Vasisthasana	with caution	with caution
Parivrtta Utkatasana	Controversial: arms at shoulder height with very mild twist only	no change
Padahastanasana	may become impossible because of belly; find squatted frog (malasana) instead	no change
Bakasana	with caution; malasana is a good alternative	with caution
Garudasana	with caution	no change
Natarajasana	contraindicated; find quad stretch instead	if diastasis is present, skip and take seated tummy tucks instead
Vrksasana	with caution	no change
Virabhadrasana I	with caution	no change
Trikonasana	with caution; use block for support	no change
Prasarita Padottanasana	legs press towards one another; once beyond 35 weeks and baby in good position, do not go more than parallel with the floor	with caution
Eka Pada Raja Kapotasana	modify the upper body by rotating away from the front leg and using a block to support elbows	no change
Bhujangasana	contraindicated: replace with double pigeon instead	with caution
Dhanurasana	contraindicated: replace with wide legged forward fold instead	half bow; repeat
Ustrasana	controversial: substitute or half camel with block; repeat	half camel; repeat