

C1 Modifications for Pregnancy		
	18-42 weeks	postpartum period
Setu Bandhasana	controversial:side lying half-backbend or with caution	with caution
Supta Baddha Konasana	with caution	no change
Paschimottanasana	contraindicated once belly makes contact with legs; wide legged forward fold instead	no change
Urdhva Mukha Upavista Konasana	with caution, as long as it is comfortable	no change
Jathara Parivartanasana	contraindicated: open leg out to side (no twist)	no change
Savasana	side lying or one hip elevated	no change