

<b>HPF Modifications for Pregnancy</b>		
	<b>18-42 weeks</b>	<b>postpartum period</b>
Tadasana	legs hip-width distance	no change
Anuvittasana	contraindicated: take one half at a time	no change
Uttanasana	legs wider	no change
Ardha Uttanasana	legs hip-width distance	no change
Squat & Curl	use wide-legged posture; contraindicated for breech presentation after 35 weeks	no change
Utkatasana	legs hip-width distance	no change
Figure Four	with caution (balance may be challenged)	no change
Garudasana	with caution	no change
Dakasana	with caution	no change
Dandayamana Janusirasana	avoid locking the knee, no pressure on the belly. Contraindicated once belly is in the way.	no change
Dandayamana Dhanurasana	contraindicated; take baby dancer/quad stretch	no change
Standing savasana	legs hip-width distance	no change
Dandasana	with caution	
Adho Mukha Svanasana	with caution; wider legs, possible hands on blocks or puppy pose. Avoid after 35 weeks if baby is in good position.	no change
Virabhadrasana II	with caution	no change
Trikonasana	with caution; use block for support	no change
Parivrtta Virabhadrasana	with caution	with caution
Star	with caution	no change
Utkata Konasana	with caution; avoid after 35 weeks if baby is in breech presentation	no change
Dandayamana Bibhaktapada Janushirasana	with caution; keep legs pressing towards one another. Avoid head below heart after 35 weeks if baby is in optimal position.	with caution
Dandayamana Hanumanasana	with caution	no change
Supta Baddha Konasana situps	contraindicated; find side core or spine strengthening instead	if diastasis is present, skip and take seated tummy tucks instead
Garudasana sit ups	contraindicated: find side core or spine strengthening instead	see above
Abdominal twists	contraindicated: find side core or spine strengthening instead	see above
Vasisthasana	with caution; use knee for support	with caution
Forearm plank	with caution; avoid once belly makes contact with the floor	with caution
Dolphin	with caution; avoid after 35 weeks if baby is in optimal position	no change
Eka Pada Raja Kapotasana	with caution; rotate upper body away from bent leg and support with elbows on blocks to avoid pressure on belly	no change
Bhujangasana	contraindicated: replace with double pigeon instead	with caution
Salabhasana	contraindicated: replace with wide legged forward fold instead	with caution
Poorna-Salabasana	contraindicated: replace with inclined table top instead	repeat salabhasana
Dhanurasana	contraindicated: find malasana if baby in good position	with extreme caution