

HPF Modifications for Pregnancy, page 2		
	18-42 weeks	postpartum period
Supta Vajrasana	contraindicated: stay seated upright or take as side-lying variation one side at a time	use prenatal modification
Ardha Kurmasana	Contraindicated: wide legged seated forward fold instead	no change
Ustrasana	controversial: skip or take half camel each time, then repeat	use prenatal modification
Sasangasana	contraindicated: take cat/cow stretch instead	no change
Janushirasana with Paschimottanasana	turn belly away from extended leg	no change
Pavanamuktasana	contraindicated	no change
Parivartanasana	contraindicated: take the leg to the same side for inner thigh stretch	no change
Halasana	contraindicated: feet wide, knees knock together instead or legs up the wall with one hip slightly elevated	no change
Sarvangasana	controversial: supta baddha konasana instead	no change
Karnipidasana	controversial: legs up the wall instead (one hip elevated)	no change
Ananda Balasana	with caution	no change
Matsyasana	with extreme caution; seated version instead	best pose ever! Offer a block for extended time in this pose
Savasana	side lying	no change