

## **Prenatal Yoga**

Written by AYCADMIN

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### **The benefits of prenatal yoga**

You can train baby while doing yoga. Remember the words of Yogi BhaJan: "What a child learns in the womb cannot be learned on earth."

Prenatal yoga classes are more popular than ever. When paired with a cardiovascular exercise such as walking, yoga can be an ideal way to stay in shape during your pregnancy. This age-old practice keeps you limber, tones your muscles, and improves your balance and circulation, with little, if any, impact on your joints. Some poses, such as the Warrior poses, can also help to ease back pain and sciatica. Women have also experienced reduced swelling, back and leg pain, and insomnia through the practice of prenatal yoga.

Yoga is also beneficial because it helps you learn to breathe deeply and relax, which will come in handy as you face the physical demands of labor, birth, and motherhood. In fact, one of the first things you learn in a yoga class is how to breathe fully. Learning special breathing primes you for labor and childbirth by training you to stay calm when you need it most. When you're in pain or afraid, your body produces adrenalin and may produce less oxytocin, a hormone that makes labor progress. A regular yoga practice will help you fight the urge to tighten up when you feel pain, and show you how to relax instead.

Along these same lines, according to a report in the April 2009 issue of the Harvard Mental Health Letter, rigorous studies have found scientific proof that yoga helps the body deal with stress by slowing heart and breathing rates and lowering blood pressure -- which can benefit new moms after the baby's born, too.

The benefits of yoga aren't limited to your physical well-being. "Taking a prenatal yoga class is a great way to meet other pregnant women — to become part of a community," says experts from Oakland, California. Being in a positive, supportive environment with others like you can give you a regular emotional boost and keep you motivated to continue exercising.

During pregnancy, yoga Asanas are a gentle way to keep active and supple. The remarkable effects of these postures in pregnancy show the power of yoga for ensuring a smooth

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pregnancy, natural childbirth and restoration of body shape after childbirth.

### **How Pregnancy Yoga Exercises Can Help?**

Relieving edema (fluid retention) and cramping which can be quite common in the last months.

Influencing the position of the baby and turning it in advance if needed. Strengthening and massaging the abdomen which help stimulate bowel action and appetite.

Raising the level of energy while also helping in slowing the metabolism to restore calm and focus.

Helping to reduce nausea, morning sickness and mood swings in combination with pranayamas (yogic breathing).

Focus on relieving tension around the cervix and birth canal.

Focus on opening the pelvis to make labor easier and quicker.

### **How Yoga Can Help in Post Natal Care?**

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Restoring the uterus, abdomen and the pelvic floor.

Relieving upper back tension and breast discomfort.

Call us at 012-9228619 / 0196199100 / 012-3220775 for consultation.