

Recommended protocol for Pregnant Ladies

Yoga for Pregnant Ladies (First Trimester)

S. NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	PRAYER		1 Minute
2.	YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)		8 Minutes
	Neck Movements:		
	- Forward and Backward bending	3 Rounds	
	- Right and Left bending	3 Rounds	
	- Right and Left Twisting	3 Rounds	
	- Neck Rotation (clockwise & anti clockwise)	3 Rounds	
	Shoulder Movements		
	- Shoulder Stretch	3 Rounds	
	- Shoulder Rotation (Forward & Backward)	3 Rounds	
	Knee Movement	5 Rounds	
	Ankle Movement		
	- Ankle Rotation (clockwise & anti clockwise)	5 Rounds	
3.	YOGASANAS		10 Minutes
	STANDING POSTURES		
	- Tadasana		
	- Vrikshasana		
	SITTING POSTURES		
	- Dandasana		
	- Sukhasana		
	SUPINE POSTURES		
	- Shavasana		
4.	BREATHING PRACTICES - Sectional Breathing: Abdominal, thoracic and clavicular breathing	5 rounds each	20 Minutes
5.	PRANAYAMA:		
	- Nadi Sodhana Pranayama	5 Rounds	
	- Bhramari Pranayama	5 Rounds	
	- Sitali pranayama	5 Rounds	
6.	DHYANA		5 Minutes
7.	SHANTI PATHA		1 Minute
	TOTAL DURATION		45 Minutes

Yoga for Pregnant Ladies (Second Trimester)

S. NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	PRAYER		1 Minute
2.	YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)		5 Minutes
	Neck Movements:		
	- Forward and Backward bending	3 Rounds	
	- Right and Left bending	3 Rounds	
	- Right and Left Twisting	3 Rounds	
	- Neck Rotation (clockwise & anti clockwise)	3 Rounds	
	Shoulder Movements		
	- Shoulder Stretch	3 Rounds	
	- Shoulder Rotation (Forward & Backward)	3 Rounds	
3.	YOGASANAS		18 Minutes
	STANDING POSTURES		
	- Tadasana		
	- Vrikshasana		
	- Trikonasana		
	- Katichakrasana		
	- Veerbhadrasana		
	- Prasaritha padottanasana		
	SITTING POSTURES		
	- Dandasana		
	- Sukhasana		
	- Badhakonasana		
	- Shashankasana		
	- Marjariasana (with breathing)		
	- Malasana		
	- Parivrata Sukhasana		
	SUPINE POSTURES		
	- Viparitarani with wall support		
	- Shavasana		
	PRONE POSTURES		
	- Balasana		
4.	PRANAYAMA:		10 Minutes
	- Nadi Sodhana Pranayama	5 Rounds	
	- Ujjayi Pranayama	5 Rounds	
	- Sitali pranayama	5 Rounds	
5.	DHYANA		10 Minutes
6.	SHANTI PATHA		1 Minute
	TOTAL DURATION		45 Minutes

Yoga for Pregnant Ladies (Third Trimester)

S. NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	PRAYER		1 Minute
2.	YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)		5 Minutes
	Neck Movements:		
	- Forward and Backward bending	3 Rounds	
	- Right and Left bending	3 Rounds	
	- Right and Left Twisting	3 Rounds	
	- Neck Rotation (clockwise & anti clockwise)	3 Rounds	
	Shoulder Movements		
	- Shoulder Stretch	3 Rounds	
	- Shoulder Rotation (Forward & Backward)	3 Rounds	
3.	YOGASANAS		15 Minutes
	STANDING POSTURES		
	- Tadasana		
	- Trikonasana		
	- Ardha Parhsvakonasana		
	SITTING POSTURES		
	- Dandasana		
	- Sukhasana		
	- Upavistha Konasana		
	- Parivratjanushirshasana		
	- marjariasana		
	SUPINE POSTURES		
	- Supta Badhakonasana		
	- Shavasana		
4.	PRANAYAMA:		8 Minutes
	- Nadi Sodhana Pranayama	5 Rounds	
	- Bhramari Pranayama	5 Rounds	
	- Sitali pranayama	5 Rounds	
5.	DHYANA Om meditation or So – ham Meditation		15 Minutes
6.	SHANTI PATHA		1 Minute
	TOTAL DURATION		45 Minutes