

<b>Hot Yoga Modifications for Pregnancy</b>		
	<b>18-42 weeks</b>	<b>postpartum period</b>
Hot Pranayama	with caution	no change
Ardha Chandrasana	side bending limited only by mama's preference. No backbend.	no change
Pada Hastasana	contraindicated: take prasarita instead	no change
Utkatasana	If balance is challenged or knees are giving trouble, take hatha chair instead	no change
Garudasana	with caution	modified arm bind for lactating women
Dandayamana Janushirasana	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
Tuladandasana	with caution	no change
Dandayamana Bibhaktapada Paschimottanasana	with caution	squeeze legs towards one another
Trikonasana	with caution	no change
Dandayamana Bibhaktapada Janushirasana	both hands to the inside of the front leg, supported by a block	no change
Tadasana	with caution	no change
Padangusthasana	with caution	no change
Savasana	side lying	no change
Pawanmuktasana	knee to the side of the body, other knee to other side. No pressure on the belly.	engage pelvic floor
Hot Yoga Sit Up	contraindicated: spinal extension or sidelying leg lifts	contraindicated; sat kriya or spinal extension
Bhujangasana	contraindicated: seated, arms bound behind low back and pull down	no change
Salabhasana	contraindicated: find half pigeon and press up to seated	use prenatal modification
Poorna Salabhasana	contraindicated: find double pigeon	depends on woman's comfort
Dhanurasana	contraindicated: find squatted frog	depends on woman's comfort
Supta Vajrasana	supta is contraindicated: take seated vajrasana	use extreme caution moving into and out of reclined version
Ardha Kurmasana	knees wide, block under forehead	no change
Ustrasana	one half at a time, with the support of one or more blocks	if diastasis is present, skip and take seated tummy tucks instead
Sasangasana	no pressure on the belly; possibly elevate head on block	no change
Janushirasana with Paschimottanasana	turn belly away from thigh and reach for block on floor	no change
Ardha Matsyendrasana	turn belly away from thigh; maybe sit on block	no change
Kapalabhati breath	take seated version	no change