

PREGNANCY

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Pregnancy is a life altering experience and can be different for every woman. The pregnancy period will last for about forty weeks and the woman will experience many emotional, physical, mental and spiritual changes during this time.

1. Annamayakosha

- A.) Circulatory System: Increased blood flow, valves of the anus and legs relax causing hemorrhoids and varicose veins. Separation could occur if the circulation isn't working properly and the baby isn't getting a sufficient supply of nutrients. This could create stress on the mother and fetus. Standing postures will help to increase circulation.
- B.) Respiratory System: Breathing can become labored during pregnancy because of weight gain, the uterus begins to press on the diaphragm. If the mother isn't getting the proper supply of oxygen, neither is the baby. Breathing exercises will keep mother energized and distribute oxygen throughout body and to baby. Proper breathing will also help with labor.
- C.) Immune System: Low, everything in the mother's body is working to protect the fetus. If mom is out of balance she becomes vulnerable to disease and infection. Vinyasa style movements will help to keep fluids in body moving and regulated.
- D.) Musculo/Skeletal System: Muscles become fatigued because of weight gain, skeletal structure becomes compromised as baby grows. The bones soften to cushion weight and they expand to make room for the growing baby. The sacroiliac and pelvis are affected as the weight of the baby begins to pull forward on the spine; this also places pressure on the nerves. The growing uterus also places pressure-causing pain in the groin. Supported and standing backbends will provide space and flexibility in the spine. Standing postures such as Tadasana will help to stabilize and strengthen, correct alignment and give a sense of feeling light on your feet with lifted spirits.
- E.) Digestive System: Less room in the stomach for food because of the expanding uterus. Digestion becomes sluggish. Increased appetite, fats get stored as maternal reserves. The mother can rest on her left side to aid in digestion and blood flow. Reclining Hero pose aids in digestive disorders.
- F.) Reproductive System: Uterus is expanding, baby is growing, preparation for birth. Wide Angle and Bound Angle will stimulate this area.
- G.) Endocrine System: Estrogen (hormones) is present in large amounts throughout pregnancy, this aids in increased blood flow and inhibition of repeat ovulation. Relaxin is released which softens muscles and ligaments to prepare for growth and birth. Twisting postures, forward bends and standing postures will keep the system regulated.

2. Pranamayakosha

Must keep energy flowing throughout chakras and prana through the body. If energy is constricted, mother and baby could suffer from disease and bring separation in both. Constant breath awareness and continuous flow of apana are necessary. Deviasana will keep energy flowing down to the first chakra and Downward Dog keeps all chakras flowing and energized.

3. Manomayakosha

Stress in mother could cause disease and potential loss of child. Separation could occur if the mother hasn't fully accepted the child. The body is already experiencing daily changes that can greatly affect the emotional state. Mother would want to regulate the stress response system to keep emotions in balance. Use of three part breath and pelvic mudra for calming. Bridge is an anxiety reducing posture and guided visualization will help with relaxation.

4. Vijnyamayakosha

Mother gains insight into her daily activities, diet, thought patterns and how they will translate to her baby. Without awareness mother will lose insight and connection to her baby. Stress levels can be maintained through meditation and savasana.

5. Anandamayakosha

Moments of enlightenment will reassure mother of her purpose in this life and her commitment to bringing her child into this universe. Separation can occur if the mother doesn't feel her purpose in life. Visualization focusing on the light shining through the crown of the head to the fetus. Integration of all five kosha's with relevance to the over all well being of mother and baby. Apply padma mudra and mandala mudra as a means of opening and awareness.

CHAKRAS

- A.) Root chakra is where baby will meet the world
- B.) Babies are conceived and gestate in the second chakra
- C.) Place where healthy social roles and self-esteem will be nurtured and developed. This is also the place where digestion occurs.
- D.) Place of clear communication and intention to listen and trust that mother can follow her instincts trust the rhythm of the universe and innate wisdom
- E.) Crown chakra opens to let light shine down through all of the energy centers illuminating and energizing mom and baby keeping them connected to Unity Consciousness.

AYURVEDA

Ayurveda is the science that facilitated the integration of the forces of nature with the five aspects of our being.

OBJECTIVE FOR 8 WEEK COURSE

Our objectives for the course are to provide mom with tools that will enhance mom and baby's health and state of mind, to ensure an authentic pregnancy and childbirth experience. We want mom to understand her birthing choices so she doesn't have to relinquish her personal power to the allopathic model. We want the yoga course to connect the mother to the possibility in of giving birth that syncs up with the reproductive rhythms of the universe.

FOCUS GROUP

The participants in our group are expectant mothers who are seeking alternative health care during their pregnancy at Wellness Center in a hospital. Space will be provided in the Wellness Center.

8 WEEK COURSE

- A.) Body Awareness
- B.) Breath Awareness
- C.) Stress Management
- D.) Chakras
- E.) Koshas
- F.) Diet, Nutrition, Lifestyle
- G.) Gentle/Partner Yoga
- H.) Post Natal class

WELLNESS FACTORS

- A.) Pranayama: Upper chest breathing induces relaxation, brings breath to the belly, and gives a sense of well being and calm.
- B.) Mudra: Anjali mudra connects mother's heart with baby, pelvic mudra brings energy to the pelvic area, pushputa mudra creates compassion and openness
- C.) Asana: Modified child pose opens spine, hips and knees (relaxes and rejuvenates)
Mountain pose creates space in all joints and abdominal cavity, develops witness conscious and true Self
- D.) Visualization/Guided Imagery: Mother visualizes the beauty of nature and the reproduction in the universe to give her a view of the miracle that is happening inside.
- E.) Vocal Toning: There is a neuromuscular connection between throat and pelvis when throat is open, this opening reflects the birth canal.

MARKETING

We plan to market this class by presenting our course to the nurses who work in the Wellness Center. Wellness Center will hang flyers and advertise in their periodical.

CLASS THEME AND CHAKRAS

- 1.) Intake and Education: Definition of chakras and their importance and significance in the mind, body, spirit connection
- 2.) Body Awareness: Scan through the 7 chakras noticing the quality and level of energy at each center. Awareness of feelings and sensations.
- 3.) Breath Awareness: Bringing the breath to each chakra, feeling it expands on inhalation and deflates on exhalation.
- 4.) Warm-ups and Asana:
 - A.) Neck stretches
 - B.) Seated Ardha Chandrasana-activates the third chakra
 - C.) Sunbird with opposite leg and arm extended to wake up spine and chakra line

Asana:

- A.) Virabhadrasana II-emphasizes grounding and activates 1st, 2nd and 3rd chakras
- B.) Parivritta trikonasana- grounding, activates heart chakra
- C.) Uttanasana-balances all chakras and relaxes back
- D.) Dhanurasana-activates first 4 chakras
- E.) Gharbhasana-relaxes all chakras and balances all the 5 elements

- F.) Triang Mukha Ekapada-activates first 3 chakras and sixth chakra. Activates samana, prana, apana and udana vayus.
- G.) Savasana- balances 5 elements, activates all vayus and chakras.

5.) Guided Imagery:

A journey through the chakras visualizing healing color and element specific to each center. Focusing on the connection between the 2nd chakra (place of gestation) and the 4th heart chakra

6.) Relaxation:

Savasana

7.) Meditation:

Meditate on the free flowing energy up and down the spine nurturing the mother and child. Creating a feeling of belonging to the universe.

8.) Sharing:

Popcorn question? What chakra felt most open?

9.) Affirmation:

"Energy flows freely to me and my baby"

RESOURCES

Preparing for Birth with Yoga, Janet Balaskas

After the Baby's Birth...A Woman's Way to Wellness, Robin Lim

Pre-natal Yoga and Natural Childbirth, Jeannie Pervert Baker

Pre-natal Yoga, Janice Clearfield

Yoga for Easier Pregnancy and Natural Childbirth, Angela Devil Anna and Sri Amanda

BASIC FORMAT OF PRESENTATION

Introduction

Brief History of Yoga

Education on Yoga and Pregnancy

Body Awareness

Breath Awareness

Asana

Guided Imagery/Visualization

Meditation

Open Forum/ Sharing