

Yogic tips for Pregnant Women Week by Week:

First trimester: week 1-12

Second Trimester: week 13-26

Third Trimester: week 27-40/42

(Check altijd met uw dokter voordat u aan iets nieuws begint)

Week 1-4

- Cells travel through fallopian tube, attach to uterine wall, placenta and fetus are being created
- Breast become more sensitive due to hormonal changes
- You can be more emotional than usual and more tired
- Certain food can be hard for you
- You may get constipated :(

Some Tips:

- Go easy on yourself
- Have some ginger tea to ease nausea, and also before getting out of bed a biscuit to help stomach ease
- Long Deep Breathing exercises to ease your emotions.
- Add some fibers to your food.
- Drink warm water in the am with some lemon for digestion
- Try to walk every day.
- Listen to your bodies needs.

Week 5-16

- May need more sleep than usual
- Nausea can continue to be a problem
- Breasts become larger, areola may darken, and veins may be seen on breasts and a dark line (linea negra) on tummy may appear
- You may need to pee more
- Do NOT lay on your BACK ANYMORE after 1st trimester. (if you wake up and you're on your back, simply move yourself on your side :)

- You may have back, groin and thigh aches, or any other physical aches because of the hormone Relaxin which is released in your body during 2nd trimester. This stretches the ligaments.
- You may have a more prominent whitish discharge, vagina may take on a bluish color
- Emotions will continue to go up and down.

Some Tips:

- Same as above!
- Start doing yoga and meditation if you haven't already
- Do NOT overstretch, this can cause more aches down the road.
- Meditating daily will help you feel a lot more balanced.
- Lay on your Side from now on
- Stay hydrated
- Feel ok saying "no"

Week 17-24

- Uterus is now larger than the pelvic cavity
- Around the 120th Day (120 days is 2 weeks after the first day your last menstrual period, also known as the "conception date") you will be starting to feel your child wiggle!
- Colostrum can be pressed from your breasts already
- You usually have more energy around this time
- Sleeping may become harder.
- Your blood pressure may go up or down a little → dizziness may increase, or some hot flashes or a sudden cold chill may happen.

Some Tips:

- According to Yogic Philosophy the Soul of your child enters around the 120th Day! Celebrate with your loved ones! This is a special day :)
- Keep doing your yoga en meditation
- Keep eating healthy and easy digestible foods!
- Drink lot of water!
- Allow yourself to do what is good for you!

Week 25-35

- Heartburn may be more of an issue

- Less room to move around baby is getting big
- You'll be more tired
- Some swelling may occur more often
- You may feel more introverted
- "Nesting feelings" can be very strong now
- You will start having Braxton Hicks Contractions

Some Tips:

- Eat small meals more frequently, rather than 3 large meals
- Don't stand too long.
- You may really like wearing a cumberbund to alleviate the heavy tummy or Pubic Pain
- Around 34th Week you can start Perineum Massage daily
- Taking Sitz Baths the last 6 weeks before birth are recommended too to help soften the perineum for birth (you can do the Perineum massage after sitz bath)
- REST!
- Keep up your practice
- Make yourself a priority. Do what you need.

Week 36-40

- Baby will move deep into pelvis
- Sleep will be more hard, you're also peeing a lot!
- Cervix is getting wider
- You are getting ready to meet your Baby!

Some Tips:

- Rest, Rest, Rest....
- Get ready for birth and
- Have a Birth Plan ready
- Say no to anything that is not what you need
- Get clear on your birthing team
- Remember YOU are doing this. You got this. You only need your Breath, your Trust in your Body and your INNATE KNOWING that you can do this...
- Have a plan ready for after birth.
- Do not be afraid to limit visitors the first weeks. Yes you are allowed to tell people to come another time.

- Appoint your partner, or someone else close to be the one to do this. Or simply have a “we are sleeping sign” on the door ;)
- Set up a team of people that can help with cooking for you. If you can arrange for some help with cleaning so you and your partner can just focus on you and baby, that is great.
- BLESS YOU AND YOUR LITTLE ONE!