

# *Kundalini Yoga*

## *Cautions & Pre-Cautions for Women*

There are certain limitations to the practice of Kundalini Yoga for pregnant & menstruating women :

Women during Menstruation (Moon Cycle) :

- Firstly, be kind yourself to during your moon cycle – shorten the timings of the kriya or go for a less physical posture (Asana)
- **No** Breath of Fire (B.o.F.) during the first 2-3 days of your moon cycle
- **No** Root Lock (Mulbandh) during the first 2-3 days of your moon cycle
- Sat Kriya & pulling back of the naval, should not be done during the harvest part of your period
- No inverted posture during your moon cycle – Any posture where the heart is higher than the head

Women during pregnancy :

- It is strongly recommended that you check with your doctor that it is ok for you to do yoga
- All physical exercise should be calm & gentle – listen to your body & rest when necessary
- The following **should not be done** after 120 days of pregnancy :
  - Any exercise that applies pressure to the abdomen or that can over stimulate this area. If this situation occurs, lie on your back or sit in easy pose & meditate calmly on the breath
  - A gentle breath of fire is fine within the first 3 months. Otherwise, long deep breathing is strongly recommended whilst practising yoga whilst pregnant
  - Any over-stimulating pranayama (Breathing exercises)
  - Root lock (Mulbandh) i.e. squeezing the anus, sex organs, & pulling the navel back towards the spine
  - No inverted postures during your moon cycle – Any posture where the heart is higher than the head
  - Sat Kriya & pulling back of the naval
  - Leg lifts should be avoided unless lying on your side – Please listen to your body
  - After the fourth to sixth month of pregnancy, it can be uncomfortable & even dangerous to lie on your back, as the weight of the baby can stress a mother`s blood pressure. Please avoid any postures which ask you to lie on your back, relax whilst lying on your side

Generally women should focus more on meditation & mantras during the later stages of pregnancy

It is strongly suggested that women who are pregnant, consult a yoga instructor who specialises in pregnancy yoga