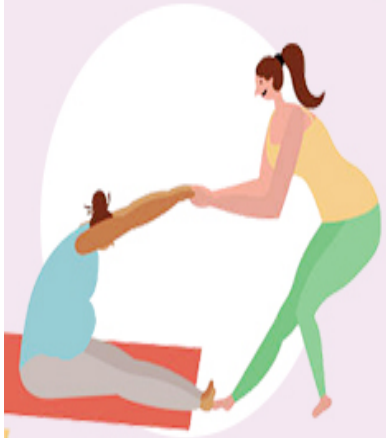


How To Do Yoga Safely During The First Trimester Of Pregnancy



Take yoga classes from a qualified instructor who has experience with pregnancy.

Be gentle when trying yoga poses, and switch poses slowly.



Adjust your yoga poses in accordance with your growing belly.

Wear comfortable clothing to prevent pressure on the belly during yoga.



Listen to your body cues with the help of yoga, and do not ignore any discomfort.