



What Are The Yoga Poses To Avoid When Pregnant?

FIRST TRIMESTER



Handstand pose increases the risk of falling and may cause dizziness.

Half moon pose can restrict blood flow to the uterus.



SECOND TRIMESTER



Back lying pose requires being on the back, which is not good in the second trimester.

Cobra pose can cause abdominal strain.



THIRD TRIMESTER



Chair pose should be avoided because the ligaments and muscles are already stretched.

Seated forward fold can cause abdominal compression.

