*Nurture Yoga*

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<https://www.facebook.com/PostnatalandBabyYogawithAngela/>

**Health questionnaire for Pregnancy Yoga**

**Personal Details:**

Title: ………… Name …………………………………………………………………..………………………………....

Address: ………………………………..……………………………………………………………........................

..…………………………………...………………… Postcode:…………………………………..

No. of Children:…….………….…...…..………………….… Dates of Birth: ….…………………………..

Profession: ……………………………..……………………..Phone No: …….……….………………….

E-mail: ………………………………………………………………………………..………………………..

Date of Birth: ………………….

How did you hear about us? ………………………………………………………………………………..

**Emergency Contact Details:**

Contact Name:………………………………………………………………………………………………..

Relationship:………………………………………………………………………………………………….

Mobile No:…………………………………………………………………………………………………….

Date of first Yoga class…………………………………………………………………………………

Due date………………………………………………………………………………………………….

Planned place of birth…………………………………………………………………………………..

Midwifery practice………………………………………………………………………………………..

Have you practiced Yoga before? Please give details of how long, what style of Yoga etc.

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Why have you come to learn Yoga, and what do you hope to gain from it?

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During this pregnancy, have you experienced any of the following? (please circle)

Morning sickness Constipation Nosebleeds Lower back pain Varicose veins

High blood pressure Depression Bleeding Headaches Hearthburn Anaemia

Sciatcia Oedema (Swollen joints) Pre-Eclampsia Anxiety

Fibroid pain Dizziness Breathlessness Diabetes Aching groin

Sleep disturbance

Please give details of any of the above which you have selected, or any other health issues which you feel may have some bearing on your Yoga practice?

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Prior to this pregnancy, have you suffered any injury or undergone any surgery (e.g caesarean

section, knee surgery) that may have some bearing on your Yoga practice? If so please give

details ………………………………………………………………………………………………………………………………….

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Have you had any previous pregnancies? Y/N…………………………………………………………....

Have you had any previous miscarriages? Y/N……………………………………………………………

Have you had any previous births? Y/N…………………………………………………………………….

Do you smoke? Y/N…………………………………………………………………………………………...

Are you taking any form of medication that may have some bearing on your Yoga practice? Y/N…..

I take full responsibility for my health at the yoga sessions and I will inform my yoga teacher of any medical changes.

Client Signature: ………………………………………………………….. Date: …………………..

**The Benefits of Pregnancy Yoga**

Yoga can empower women through pregnancy, birth, postnantal recovery and beyond by offering them the opportunity and skills to be in touch with their own body, intuition and babies, not only in the yoga class but within their daily lives, enabling them to feel more comfortable and confident in their transitions to and throughout motherhood.

**Some Do’s and Don’ts for Pregnancy Yoga, as guidance**

As our pregnant body adapts to accommodate our baby or babies, so do we adapt our Yoga practice to ensure we remain comfortable and nourished.

If you have not practiced yoga before, join a pregnancy yoga class when you feel ready.

If you already practice yoga adapt your yoga to your changing body and its needs.

You may find a pregnancy class more tailored to your needs than a regular yoga class.

You may find that resting during the first trimester more beneficial, e.g. practicing Yoga Nidra

Check with your midwife that your chosen yoga class suits your needs.

Listen to your body. Stop at any point that you feel uncomfortable, pain of any sort, light headed or tired. Don’t do anything that doesn’t feel good.

Adapt poses to suit your needs, e.g. keep balance and legs together if experiencing pelvic girdle pain.

Rest is an important part of your yoga practice.

Drink as you need, have a light snack before and after the class.

Use props to support your practice and to avoid strain, even in resting positions.

Be aware of increased flexibility, don’t overstretch. Find the balance that suits you in stretch and strength.

Move slowly, being aware of transitions between poses. Moving slowly gives you time to find out what feels right. These transitions will help you in your daily movement.

Use yoga to connect with your baby.

Use yoga to connect with your pelvic floor, toning and releasing it.

After 30 weeks consider lying on your side rather than on your back

Another source of gentle exercise may complement your yoga, such as swimming.

Enjoy your practice; ask questions, we’re here to support you.