

Megan Andrews
ISHTA 200H TT Assignment
Mentor: Peter Ferko
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Topic 19
Prenatal Yoga

List 5 contraindicated poses during pregnancy. List 5 poses to replace them, which at least accomplish some component of the contraindicated pose.

Jumping back to plank — Stepping back to plank

Wheel — Bridge

Bow — Seated side leans to open breathing space

Kapalabhati — Citali

Marichasana — Seated Angular Twists