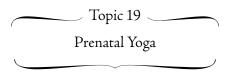
Megan Andrews ISHTA 200H TT Assignment

Mentor: Peter Ferko

May 30, 2022



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