

## Pregnancy Yoga Quiz

1. What are the benefits of practising Yin Yoga during pregnancy?
2. What is Relaxin and why is it important to be aware of it as a Pregnancy Yin Yoga Teacher
3. How long is the average pregnancy?
4. What is considered a normal gestation range?
5. What are the changes happening during the 1st trimester?
6. Is it safe to practise yin yoga during 1st trimester
7. What are the changes happening during the 2nd trimester?
8. Is it safe to practice yin yoga during the 2nd trimester?
9. What are the changes happening during the 3rd trimester?
10. Is it safe to practise yoga after 40 weeks?
11. How and why would you adapt Marichyasana for a pregnant student?
12. What do you need to be aware of with supine poses (lying on the back) during pregnancy?
13. What poses might you need to adapt for a student who is experiencing Heartburn
14. What does a student with low blood pressure need to be aware of throughout the practice?
15. What is SPD?
16. How should a student experiencing SPD adapt the practice?
17. Why is Pranayama so important during pregnancy?
18. What should a pregnant student avoid during pranayama practice?
19. What options could you give a pregnant student for savasana positions?
20. What would you advise a student who is in the first 12 weeks of pregnancy, they have plenty of energy and they would like to keep attending yin yoga rather than taking a break?