



Written Exam

1. List four of the benefits of yoga during pregnancy.
2. List five movements or yoga positions that are not suitable for pregnant women.
3. Why should women not lie on their backs during the second or third trimester of pregnancy?
4. What is a cause of back pain during pregnancy?
5. Why are women at risk of overstretching during pregnancy?
6. Explain some of the major milestones in fetal development during the first trimester of pregnancy.
7. Explain some of the developmental milestones in fetal development by the end of the second trimester of pregnancy.

8. List three common pregnancy discomforts and ways to reduce these discomforts.
9. What are some cause reasons for back pain during pregnancy? What are some things women can do to relieve back pain?
10. How can you modify child's pose for pregnant women?
11. How can you modify down dog for pregnant women?
12. Select one standing balance posture and explain how you would modify it for your pregnant students.
13. Explain how to have your pregnant students lie in Savasana.
14. List the muscles that make up the erector spinae muscles. Explain the action of each and yoga postures you could do to stretch or strengthen these muscles.
15. Explain the action of the trapezius (upper, lower and middle) muscles and a yoga pose you could use to strengthen the trapezius, as well as a pose you could use to stretch the trapezius that is suitable for pregnant women.
16. Name the hamstring muscles. Explain the actions of the hamstring muscles. Name a yoga pose you could practice to strengthen the hamstrings and a yoga pose to stretch the hamstrings that is suitable for pregnant women.

17. How does our breath change when we are emotionally upset?
18. What are some reasons someone may develop poor breathing habits?
19. What does it mean to “breathe diaphragmatically?” How do you do it?
Explain the benefits of diaphragmatic breathing.
20. Why is breathing through the nose helpful?
21. What does the word “pranayama” mean?
22. Select three of the breathing exercises presented. Give the teaching steps and benefits for those three yoga breathing exercises (pranayama).
23. What are the differences between relaxation and meditation?
24. Define the term “meditation” as practiced in yoga.
25. List at least 6 benefits of meditation.
26. How do you view the role of a yoga teacher in a prenatal yoga class?
What do you think you can do to be of most help to your prenatal students?

27. Create your own “guided meditation.” It can be a general guided meditation or focused on the specific issues related to pregnancy.

28. Create a sample lesson plan for a prenatal yoga class. This should be an outline of a class. It should list postures, breathing exercises, and any meditation to be practiced in the class.

Please email your completed written exam to:
info@yogaeducationinstitute.com

You may also mail it to Yoga Education Institute if you prefer. Thank you.

