

Appendix 1. 26 studied yoga postures. *Sanskrit name of yoga posture is italicized.* *Suspected to be contraindicated in pregnancy.^{12,13} Photographs taken by Chris Gahler, Jersey Shore University Medical Center.

1. Easy pose, *Sukhasana*
2. Seated forward bend, *Paschimottanasana*
3. Cat pose, *Marjaryasana*
4. Cow pose, *Bitilasana*
5. Mountain pose, *Tadasana*
6. Warrior I, *Virabhadrasana I*
7. Standing forward bend, *Uttanasana*
8. Warrior II, *Virabhadrasana II*
9. Chair pose, *Utkatasana*
10. Extended side angle pose, *Utthita Parsvakonasana*
11. Extended triangle pose, *Utthita Trikonasana*
12. Warrior III, *Virabhadrasana III*
13. Upward salute, *Urdhva Hastasana*
14. Tree pose, *Vrksasana*
15. Garland pose, *Malasana*
16. Eagle pose, *Garudasana*
17. Downward facing dog, *Ado Mukha Svasana**
18. Child's pose, *Balāsana**
19. Half moon pose, *Ardha Chandrasana*
20. Bound angle pose, *Baddha Konasana*
21. Hero pose, *Virasana*
22. Camel pose, *Ustrasana*
23. Leg up wall pose, *Viparita Karani*
24. Happy baby pose, *Ananda Balāsana**
25. Lord of the fishes pose, *Ardha Matsyendrasana*
26. Corpse pose, *Shavasana**

Polis RL, Gussman D, and Kuo YH. Yoga in pregnancy: An examination of maternal and fetal responses to 26 yoga postures. *Obstet Gynecol* 2015;126.

The authors provided this information as a supplement to their article.



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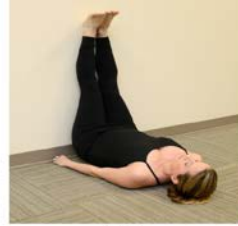
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