**Assignments & Case Studies-Month 3**

**Video Assignments**

1.) Please watch the first 3 videos in Baby Development:

<http://www.babycentre.co.uk/v1049102/inside-pregnancy-fertilisation>

<http://www.babycentre.co.uk/v1027475/inside-pregnancy-weeks-1-9>

 <http://www.babycentre.co.uk/v1027478/inside-pregnancy-weeks-10-14>

With so many changes in the first 3 months, it is no wonder that many cultures avoid starting physical exercise all together. A more gentle approach may be more pertinent at this phase, once the woman thinks she may be pregnant.

Make notes in your journal for each of these 3 videos. Note the struggle for just one sperm to make it into the ovum. This is *karmic*, also, for the agreement is already made before the sperm is released and the soul is checking out the compatibility of the mother’s karma. The *karma* of the millions of sperm that die is just to participate in the race to the egg for however long that lasts. Meditate on this concept and write down any thoughts you may have on this.

2.) Please watch the following video and make any notes in your journal. Note especially the line from the sit bones to the pubic symphysis.

<http://www.youtube.com/watch?v=3v5AsAESg1Q>

3.) Pease watch the following 3D tutorial and note that the vulnerability of the urethra and vagina behind the pubic symphysis with the gap in the levator ani. What is the function of the LA mentioned in this video and why is this important for a woman?

<http://www.youtube.com/watch?v=P3BBAMWm2Eo>

4.) Please watch part 2 of this 3D tutorial on the pelvic floor

<http://www.youtube.com/watch?annotation_id=annotation_361589&feature=iv&src_vid=P3BBAMWm2Eo&v=q0Ax3rLFc6M>

Note the 2 unique muscles that form around a woman’s urethra and vagina (the urogenital hiatus) that looks a bit like a lotus bud, as the lecturer draws them in.

5.) Please watch this video regarding the baby movements through the bony pelvis at delivery

<http://www.youtube.com/watch?v=66jMER1Savg>



6.) Optional assignment is to note where the Center of the Pelvic floor is and to buy some strengthening “balls” and practice with them.

[http://www.amazon.com/Original-SmartBalls--Exercise-Ben-Wa-assorted/dp/B000VLT3VA/ref=sr\_1\_10?s=hpc&ie=UTF8&qid=1375750464&sr=1-10&keywords=kegel+balls](http://www.amazon.com/Original-SmartBalls--Exercise-Ben-Wa-assorted/dp/B000VLT3VA/ref%3Dsr_1_10?s=hpc&ie=UTF8&qid=1375750464&sr=1-10&keywords=kegel+balls)

These passive weights help to stimulate proper muscle action in the pelvic floor. If you are tending to avoid these muscles they will simply fall out. (keep your knickers on if you are out in public) These are not intended for pregnant women to use.

7.) Please watch this very brief video clip on Kegels. She does not mention stopping urine mid flow, thank goodness, but gauges vaginal strength and endurance, which you or your partner can do.

<http://www.youtube.com/watch?v=sfIgmtUf_ok>

8.) Alternatively see what is instructed here in stopping the urine flow. Can you see how this alone does not engage the illusive pelvic floor?

<http://www.youtube.com/watch?v=ToDCJ8gJd_U>

9.) Watch this video on the female pelvic floor

<http://www.youtube.com/watch?v=9iiCE9Z9M1o>

**Other Assignments**

1.) Go to page 17 in the “*Prenatal Kriya Yoga”* book and mark on it the **sacrum** (the middle one attached to the spine, the left and right **Ilium** (butterfly wings) and the **coccyx** or tail bone. Label the left and right **Ischium** or sit bones that are at what looks like goggles.

2.) Get into a comfortable squat position with the knees wide, perhaps with the heels on a folded blanket. Lift the lower belly and pull the anus forward. The coccyx is held back as the sit bones move forward due to the trunk flexing forward to remain balanced. This is called nutation of the sacrum which widens the pelvis for childbirth.

Practice this for a few times this month and make notes in your journal.

3.) Complete assignments in the **Self-Development** and **Teaching Skills and Yoga Techniques** sections.

4.) Creating community is an important role of the teacher. How could you encourage your students to help and share their experiences with one another to create support network?

5.) Get into a challenging pose for you, if you don’t have an area in the body that is causing you problems right now, and explore how visualization can help with pain management. You can imagine a boundary around the affected area. Let go of all tension outside of that area and then begin to direct the breath the area inside the boundary. Practice for 5 or 10 min. and explain your findings.

6.) Practicing Self-Study means that we can look back at our own childhood and see how we responded to boundaries and rules set by our parents. Write a brief essay on how you reacted to rules that were set, and any improvements you have made as you have learned from your experiences.

7.) Write a brief essay on how you could help to set up a woman’s support group for the mothers to benefit from during pregnancy and motherhood. What could the value be for them?

8.) Practice sipping breath this month and journal your findings.

9.) Practice *mouna* (silence) for a day, or half a day, or for however long you can, and journal your findings.

10.) In your own words write a brief account of what your beliefs are on reincarnation and why you believe that to be true.

11.) After practicing some restorative *asanas*, describe in your own words why you think it may be an idea for all women to learn to enjoy restorative yoga.

12.) In your own words and though your own experiences, describe the parts of the breath cycle. Why is it important to have an understanding of this?

13.) From your own experience, what has been the most valuable thing that you have learned in this month’s lessons?

14.) Take a look at the 5 fluctuations of the mind (*vrittis*) in this month’s **Theory and Philosophy** section and give a brief example when each has surfaced in your mind and what transpired.

15.) Practice this month’s *asanas* using a foam roller or the back of a chair or table to “raise the floor”. Make notes in your journal.