

Abstract:

The purpose of the bachelor thesis entitled "Gravid Yoga and Childbirth." is to evaluate the benefits of gravid yoga on the course of pregnancy and childbirth. The thesis has a theoretical part where I first discuss the physical activity as such and why it is important for us. We will talk about yoga as a whole. I also mention the different styles of yoga and what is characteristic for them, as the research part deals with the styles of yoga in women practitioners. I then discuss trimester by trimester with individual recommendations and contraindications within pregnancy. I also discuss basic breathing and relaxation techniques that can be beneficial in preparation for birth as well as in the birth itself.

The research portion then focuses directly on an anonymous questionnaire where I collect data from 103 women practicing gravid yoga. For my research, I set myself a total of 5 objectives, namely to find out whether pregnant women think yoga has an impact on their fitness during pregnancy and on the course of labour. Also to find out whether women think yoga has an effect on back and lower back pain. The third aim is to find out how many women practiced yoga before pregnancy. The penultimate and fourth objective of my research is about the reason for starting gravid yoga. And the last objective was to find out if women practicing gravid yoga manage labor pains better.

The questionnaire itself consists of individual sections through socio-demographic questions, questions on the actual practice of yoga, breathing and relaxation techniques, and questions on the lifestyle of the pregnant woman. Finally, I recommend tips for women's yoga practice itself. As a result of the undergraduate thesis, more than half of the women were able to calm down better during labour due to gravid yoga and its practice has a positive impact on labour pain management. Gravid yoga also has a positive impact on fitness during pregnancy.

Key words:

pregnancy, yoga, gravid yoga, physical activity, childbirth, pranayama, meditation, pain