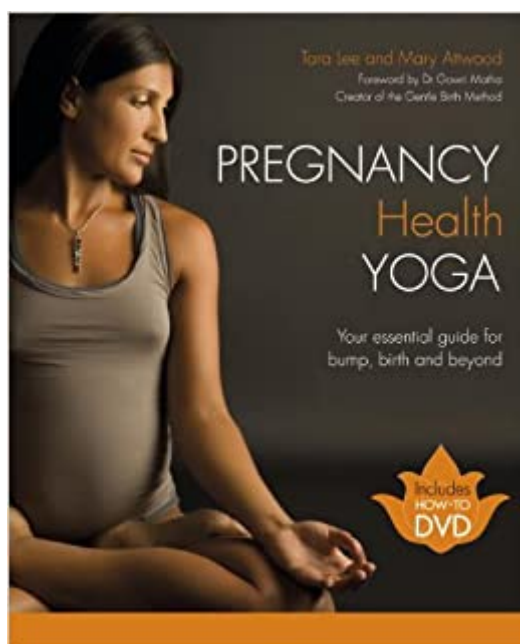


The book was found

Pregnancy Health Yoga: Your Essential Guide For Bump, Birth And Beyond



Synopsis

From the moment a woman learns she's pregnant till after she gives birth, yoga can help, calming emotions, enhancing health, and aiding in post-natal recovery. Two top experts in pregnancy yoga have created an accessible guide—plus a DVD of key practices—that gently takes moms-to-be through every stage. They explain breathwork and provide guided meditations and visualizations; illustrated step-by-step routines; and a directory of postures that target common pregnancy-related conditions. Dr. Gowri Motha, internationally celebrated creator of the Gentle Birth Method, has written the foreword.

Book Information

Paperback: 144 pages

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Average Customer Review: 3.8 out of 5 stars 11 customer reviews

Best Sellers Rank: #938,130 in Books (See Top 100 in Books) #78 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #1412 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #2055 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

Tara Lee is the UK's leading pregnancy yoga teacher, and teaches at London's The Life Centre. She is a trained doula (labor coach) and has been featured in many publications including the Sunday Times and 15-Minute Gentle Yoga (Dorling Kindersley). Mary Attwood, who devised the original Pregnancy Health Yoga DVD as well as the DVD in this book, was business manager for the Life Centre and helped to establish the Alchemy Centre, London.

The book has a spiritual feel to it that is truly inspiring. Some useful tips on asanas that are particularly beneficial for pregnancy are presented, but sadly the one element that would have made this book a real treasure is missing: a guide to a sequenced practice. The single asanas by themselves are useful, but a prescribed practice from beginning to end would have been invaluable.

Advanced practitioners will be a little disappointed.

This was a gift and it was received very well.

Very cool. Ease your back pain. Wife wished she could have done more. Just because you buy the book doesn't mean your body will approve.

the kindle edition is not what i was expecting from the description. it's an ok pregnancy yoga book but i found other more helpful

Love this book. I use this as a reference for classes- love the affirmations and explanations.

Excellent source of strength and calm as my body is changing. The mantras are especially helpful to remember as I go about my busy life.

No DVD included!

beautiful book

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