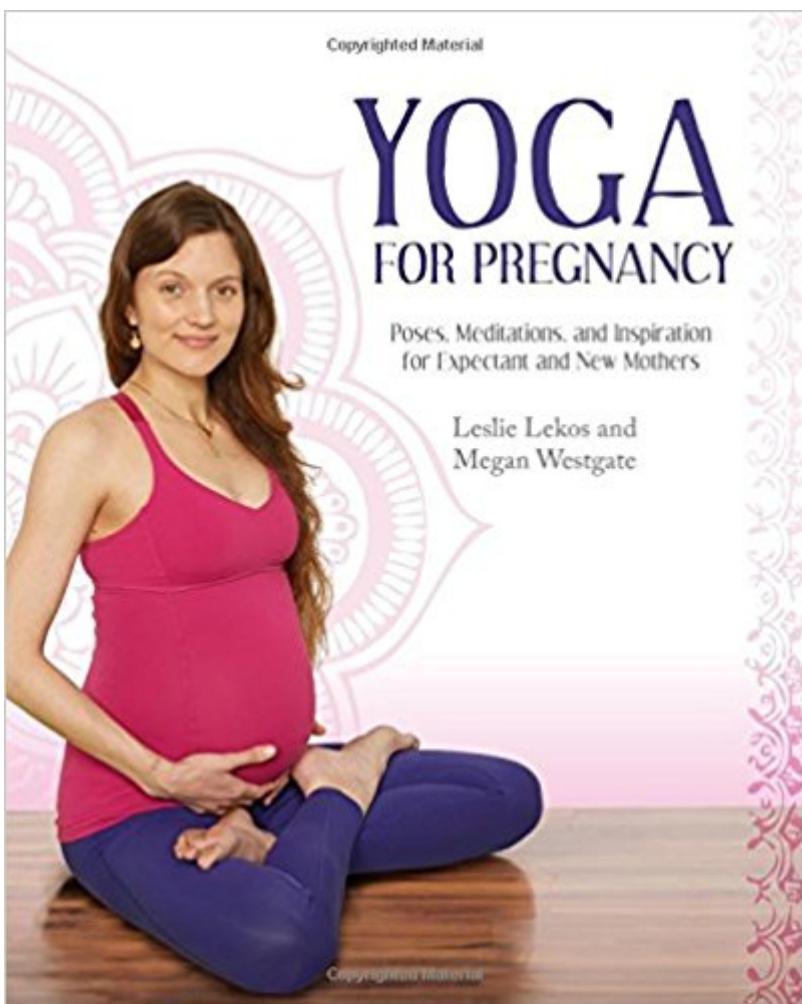


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# **Yoga For Pregnancy: Poses, Meditations, And Inspiration For Expectant And New Mothers**



## Synopsis

The physical, emotional, and spiritual benefits of yoga are invaluable during the profound journey of pregnancy. From increased strength and balance to a deeper feeling of connection with the life growing inside you, prenatal yoga will help you feel your best during this sacred time. *Yoga for Pregnancy* offers detailed, precise instruction for over a hundred yoga poses to support you during pregnancy, labor, and postpartum. Accompanying sequences focus on a range of applications, from quick daily practices to poses for common pregnancy ailments. Woven throughout the book, you'll find resources to help prepare you for an empowered labor. Filled with modifications, tips, and abundant illustrations, this is an indispensable text for both beginners and advanced practitioners alike. Going beyond physical posture practice, *Yoga for Pregnancy* also includes guidance on meditation, visualization, devotional chanting, nutrition, herbal remedies, and other tools to inspire and nourish you and your baby.

## Book Information

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## Customer Reviews

I have a few books for prenatal and postpartum yoga, and this is by far the best. Each pose includes a photograph as well as clear and detailed instructions, so I know I am doing it correctly. And it is SO comprehensive! I also love all of the "extra" information. The book is beautiful, very inspiring and actually gets me doing some yoga with my 5 month old.

I am very delighted with this book. It is very clearly and beautifully laid out. I am amazed by how

inexpensive it is for such an extensive book. It's great for the beginner to the advanced yogi. I am very pleased with this purchase and will cherish this text throughout my pregnancy and after my baby is born. It is definitely going to be my go to for all my pregnant friends now.

I am a yoga teacher and I am 7 months pregnant. I purchase this book when I started my 6th month of pregnancy and it has been very helpful, insightful and really easy to read and put into practice. I am used to practice Vinyasa and strong styles like Rocket, Power and Ashtanga, but now that my belly has grown, I need to slow down and meditate more. I believe this book gives you this help and help you to balance and go deep in your practice, with high awareness of your body and mind and helps you to slow down. I highly recommend it!

I'm very pleased and excited I purchased this book! I'm a beginner and learning more about yoga. I happened to come across this book and I'm in my 2nd trimester now. I was told yoga is great exercise, not to strenuous during pregnancy. This book is written very clear, the photos are great and the poses are given in detail. I will be telling my girlfriends about this, thank you

Beautifully written book by 2 clearly dedicated, focused women. I purchased this book for my daughter who is pregnant with my next grandchild and then ordered one for myself. The book has inspired me to start a yoga routine and pregnant or not, I am using this lovely book as a guide.

I loved this book so much! I used it all the way from my first trimester to the delivery room. I have been practicing yoga and meditation for 15+ years so I have seen many yoga resources and I found this to be one of my favorite. The practices were fairly short but thorough and perfect for my second pregnancy where I was typically short on time and energy. I loved reading in detail about each chakra and trying the accompanying meditation. I also used the section on poses during labor and preparing for labor. Not only did this book have solid content, it also delivered with a beautiful and thoughtful presentation that made me want to flip through the book even when I wasn't going to practice. I'll be recommending this book for all of my pregnant friends who want to continue enjoying a yoga practice right up until birth.

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