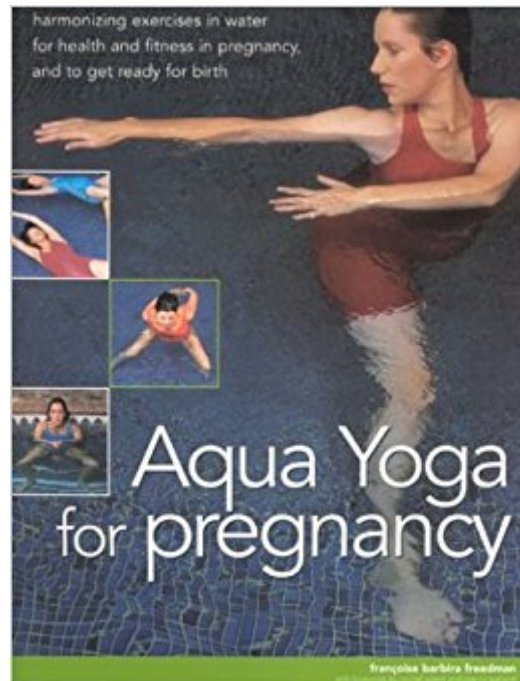




The book was found

Aqua Yoga For Pregnancy



Synopsis

This practical informative book shows how aqua yoga can be practiced by both swimmers and non swimmers with or without previous experience of yoga.

Book Information

Paperback: 96 pages

Publisher: Anness (January 14, 2004)

Language: English

ISBN-10: 1842159372

ASIN: B005SNGILO

Product Dimensions: 8.5 x 0.3 x 11.1 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #2,099,188 in Books (See Top 100 in Books) #191 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #2619 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #3024 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

Francoise's book is a lovely, well photographed inspiration for the pregnant mum. Getting into the water is usually an environment that induces release of stress and gripping. The movements that are shown allow both range of motion and an oportunity for the student to breath deeper in preparation for breath awareness at the time of delivery. I especially like the section on water birth as I delivered my first born in water. It is useful for the expectant mother who is considering a water birth, but also for those who love the sense of freedom, and lightness that comes from being in the water. Camella Nair - author of "Aqua Kriya Yoga".

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