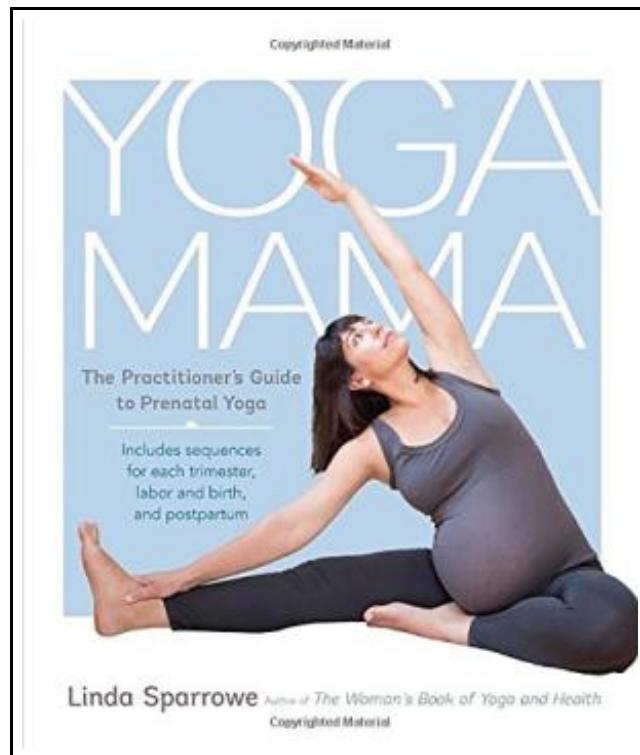


## **Yoga Mama: The Practitioner's Guide to Prenatal Yoga (Paperback)**



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Shambhala Publications Inc, United States, 2016. Paperback. Book Condition: New. 241 x 203 mm. Language: English . Brand New Book. The first pre- and postnatal book geared specifically to experienced yoga practitioners from an established author, with contributions from the leaders in the field. You ve been practicing yoga for years. It is a part of the way you live, move, and breathe. And then . . . you get pregnant. Pregnancy can throw any woman a curve ball. Even established and experienced yoga practitioners will likely find that their body, mind, and practice are challenged during pregnancy, birth, and motherhood. This book is the yoga practitioner s companion through this period, offering practical advice, step-by-step asana sequences, pranayama practices, and meditation techniques, all of which are designed to help new mothers connect more deeply to their experience and prepare for their journey physically, mentally, and spiritually. Grounded in both ancient wisdom and contemporary knowledge, Yoga Mama covers each trimester, labor and birth, and the postpartum years. The beautifully photographed sequences include modifications and suggestions to accommodate a growing belly and to address the concerns or challenges that may arise during this time. Holistic and ayurvedic medicine perspectives help women understand what is happening in their bodies at every juncture, and personal stories connect them to pregnant women everywhere. Through practice, self-reflection, and learning how to let go, yoga gives us the opportunity to be an active, informed participant in the birthing of our baby and a healthy, happy parent. Yoga Mama is the perfect companion for the experienced yoga practitioner during her pregnancy and on into motherhood. This pre- and postnatal book offers practical advice and inspiration, asana sequences, pranayama practices, and meditation techniques, all of which speak to and help new mothers connect more deeply to their experience...



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