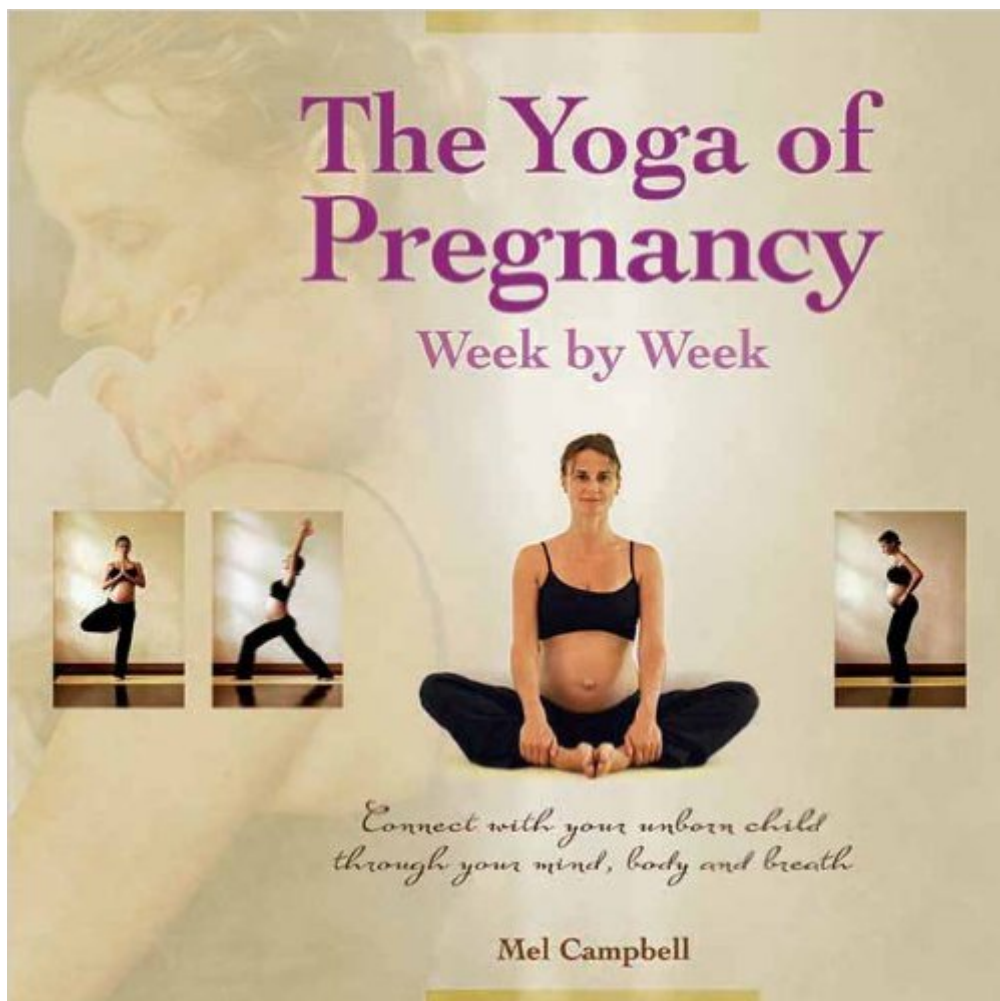


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The Yoga Of Pregnancy Week By Week: Connect With Your Unborn Child Through The Mind, Body And Breath



Synopsis

Focusing on creating a conscious union with the growing baby in utero, this detailed guide introduces a practice of weekly meditations, yoga, and affirmations that reflect the developmental and physiological changes taking place both inside and outside the womb. The book enhances the experience of pregnancy and prepares mothers physically, emotionally, and spiritually for child birth and motherhood. Beginners to yoga as well as regular practitioners will learn unique approaches and proper techniques that initiate a healthful, purposeful connection with the mother's own body and with her unborn child.

Book Information

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Customer Reviews

I'm a prenatal yoga teacher and use this among other books as resources. Has a weekly yoga pose for you as well as inspirational mantras, meditations, and breathing practices (pranayama). Good buy for a mom looking to start a prenatal home practice or gain awareness of her new pregnant body in a current yoga practice. This book can educate to keep you and baby safe.

This is the only pregnancy related book I have that makes me feel peaceful and joyful after reading. All my other books leave me full of anxiety and overwhelmed. So much so that this is the only book I read in most days. I wish all pregnancy literature was like this one.

I am very much enjoying The Yoga of Pregnancy -- I purchased and read it on my kindle, which is

great for me since I travel a lot for work, and I can't usually take the pregnancy books with me. It's organized weekly, so I can check on it and decide whether I want to spend more time in that week or maybe just read through to the next one. I find that with two young children already, being pregnant with number three is an entirely different experience, one in which I haven't gotten to spend the "me time" that came with my first. Since I know all the technical stuff by now, this was perfect because it's more of a focus on nurturing your thoughts, feelings, ideas and body. It can be a little touchy feely (I know that's a matter of taste), but it's a yoga book, what do you expect? anyway I would recommend it especially for those in my position, who don't have a lot of time for daily prenatal yoga classes, or are otherwise busy and trying to find a way to connect with your baby and yourself during pregnancy.

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