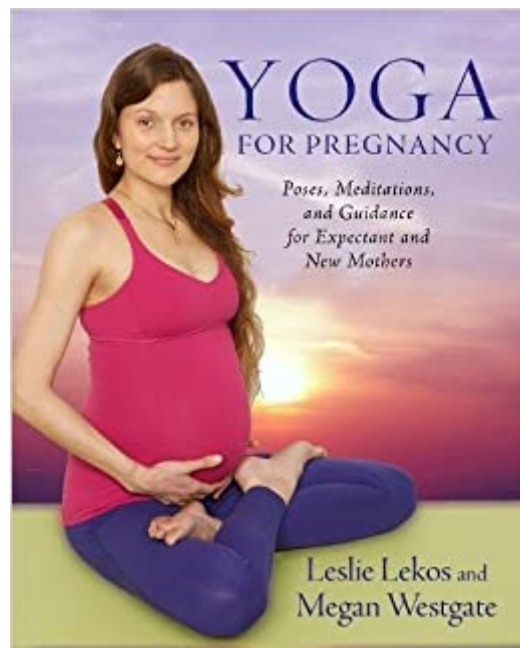




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Yoga For Pregnancy: Poses, Meditations, And Inspiration For Expectant And New Mothers



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

Leslie Lekos is a certified yoga teacher, birth and postpartum doula, childbirth educator, owner of Wildroot Botanicals, and proud mother of two young sons, Kosta and Salish. She has a deep passion for supporting and empowering women to trust their innate inner wisdom through pregnancy, birth, and motherhood. She lives with her family in the mountains outside of Bellingham, Washington. Megan Westgate has been practicing yoga for fifteen years. As the founding director of the Non-GMO Project, she relies on yoga to maintain an openhearted, optimistic view in the face of

whatever challenges and opportunities each day brings. Her first child, son Robin Wilder, was born during the writing of this book. She lives in Bellingham, Washington.

Finally the yoga book for me. I wanted to find a book for my second pregnancy, and I want the book to have explanations on how every pose should feel, not just the look. Besides, it includes sequences and meditation guides for all kinds of purposes. Most impressively, it includes meditation practice for couples, and some simple moves you can help you baby to do as well. How lovely! So thankful for this book, I highly recommend it!

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!

This book is fantastic! I am a prenatal yoga instructor and currently pregnant. I love how easy to follow this book is. Great pictures with easy steps to get in and out of the poses. Many poses I already teach plus many new ones! It's a great tool for any yoga teacher to have on hand and at an excellent price! I've already recommended it to other teachers!

This book is a COMPLETE yoga guide for the pregnant mom.

Awesome

too basic. Doesn't worth what it costs.

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 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 favorites. 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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