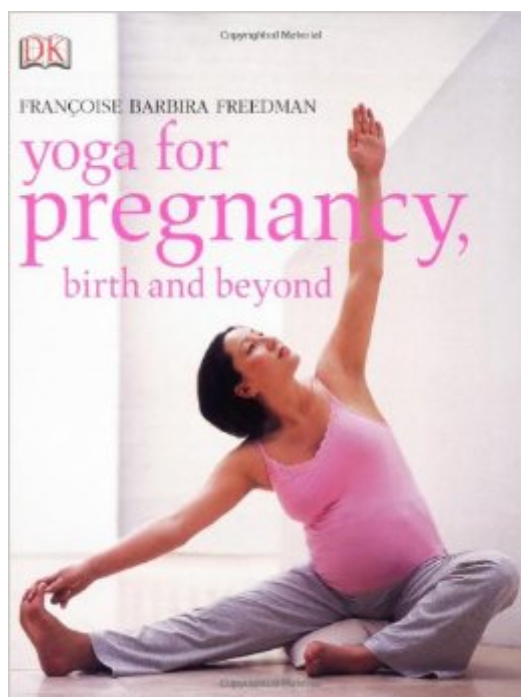


The book was found

# Yoga For Pregnancy, Birth, And Beyond



## Synopsis

With step-by-step photos of classic yoga postures especially adapted for each trimester, this book demonstrates how the regular practice of yoga provides many physical and emotional benefits that can enhance the whole experience of parenting. Featuring a unique section of special yoga and relaxation exercises to do with or without the baby up to 16 weeks after birth, *Yoga for Pregnancy, Birth, and Beyond* is the only book that identifies the real benefits of yoga for both mother and baby throughout pregnancy and beyond.

## Book Information

Age Range: Baby and up

Paperback: 160 pages

Publisher: DK (May 17, 2004)

Language: English

ISBN-10: 0789496941

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Product Dimensions: 7.2 x 0.4 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â See all reviews Â (33 customer reviews)

Best Sellers Rank: #206,343 in Books (See Top 100 in Books) #32 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #438 in Â Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #670 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

I'm a pre-natal yoga teacher, and I have many books on pregnancy yoga. This one is by far my favorite. The pictures are very detailed and well-done. Each pose is broken down step-by-step and has a photo to demonstrate the move. I also like that it is divided by early, mid, and late pregnancy. There is also a section on doing yoga with your baby after the birth. This book will be the one I recommend to my students because it's simple, safe, and well-illustrated without being too Eastern in it's approach. It will suit the average American reader, while still staying true to the heart of yoga.

While most yoga books seem to be heavy on advice for pregnant women and eager to teach Eastern principles, this book is not like that at all. I am a huge fan of the publisher "DK" because their books consistantly have great photography and clear instructions. This yoga book is perfect for

beginner or intermediate yogaphiles who want pregnancy-appropriate yoga instruction without any heavy-handed advice, and the attractive layout and photography in the book adds to the appeal.

I've practiced yoga for over a decade and I still found this book useful for my pregnancy. It focuses on the positions and breathing techniques best for the pregnant or recovering body and provides options for either the beginner or experienced person. With plenty of photos illustrating the moves, and explanations as to why something is or isn't good for a pregnant woman, this is a great choice for those interested in exercising during pregnancy.

Would be good for someone with little yoga experience.

This is a wonderful resource for prenatal yoga teachers, as well as those who are pregnant and want to practice yoga during their pregnancy. There are even great tips for postnatal yoga!

Clear details and easy to follow for even a beginner...Francoise is a fabulous teacher and her easy to follow language and pictures is invaluable. I have loaned this book to others who also really like it

This is a very good book for anyone who wants to begin learning yoga while pregnant. I have found this book is also a great supplement to the yoga class I am currently taking. In class, there are certain positions I just can't do, but the book gives great alternatives. I have also found the format of the book to be very helpful. It is divided by how far along the pregnancy is, so specific positions are offered based on a woman's abilities at that particular time.

This book was exactly what I was looking for. It was informative but not difficult to understand. The pictures show exactly what you need to do. I liked that they were pictures of real pregnant women and not sketches.

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