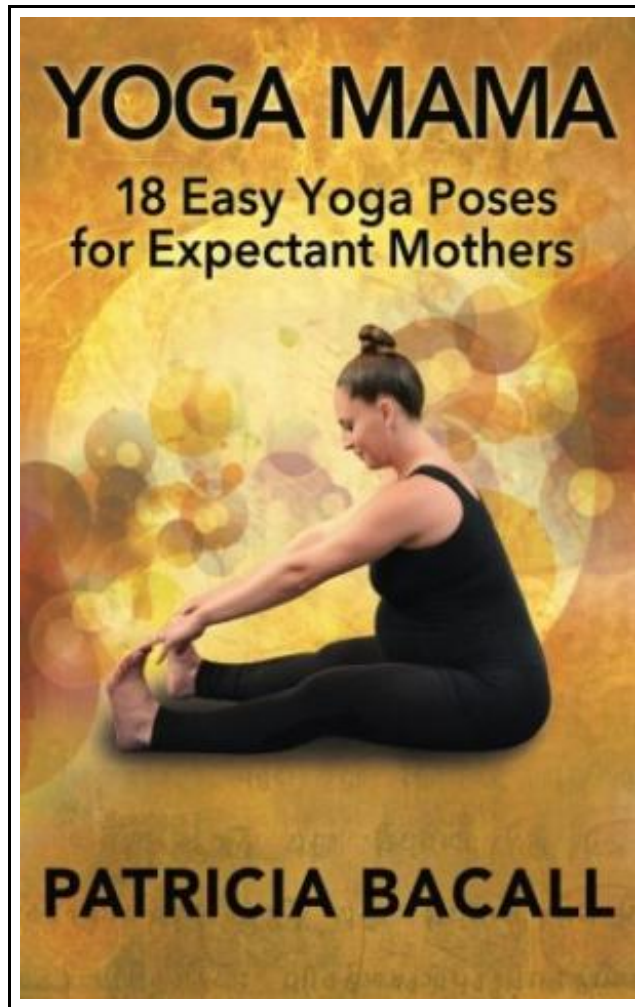


## Yoga Mama: 18 Easy Yoga Poses for Expectant Mothers (Paperback)



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.With a strong emphasis on easy and safe, this book will walk you through eighteen of the most useful poses to help make your pregnancy smoother, happier, and less stressful. In addition to the physical benefits, an easy prenatal yoga practice provides invaluable spiritual rewards and emotional resources that will help you create a deeper feeling of connection with your unborn child. Benefits of Prenatal Yoga include: Help ease the aches and pains of pregnancy Reduce your stress Calm your nerves and help you sleep better Make your labor and delivery go more smoothly Strengthen your pelvic floor muscles Help you get back in shape faster after delivery Increase your strength Help you balance better Yoga Mama offers detailed explanations to help you understand the changes your body is undergoing, as well as help you alleviate the aches and pains you re likely to experience during pregnancy. And there s another benefit-some of the same poses and breathing techniques you ll learn can help prepare you for a more effortless labor. If you have an ongoing yoga practice, Yoga Mama takes your body s changes into account, making adaptations to existing poses and introducing new ones, to help you safely and effectively continue practicing throughout your pregnancy. Even if you re entirely new to yoga, this book will show you how to establish a satisfying practice routine that will benefit you long after you deliver. In addition to advice and instruction on the physical aspects of prenatal yoga, Yoga Mama offers you empowering affirmations and visualizations that will help you create a nourishing environment for both you and your unborn child.



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