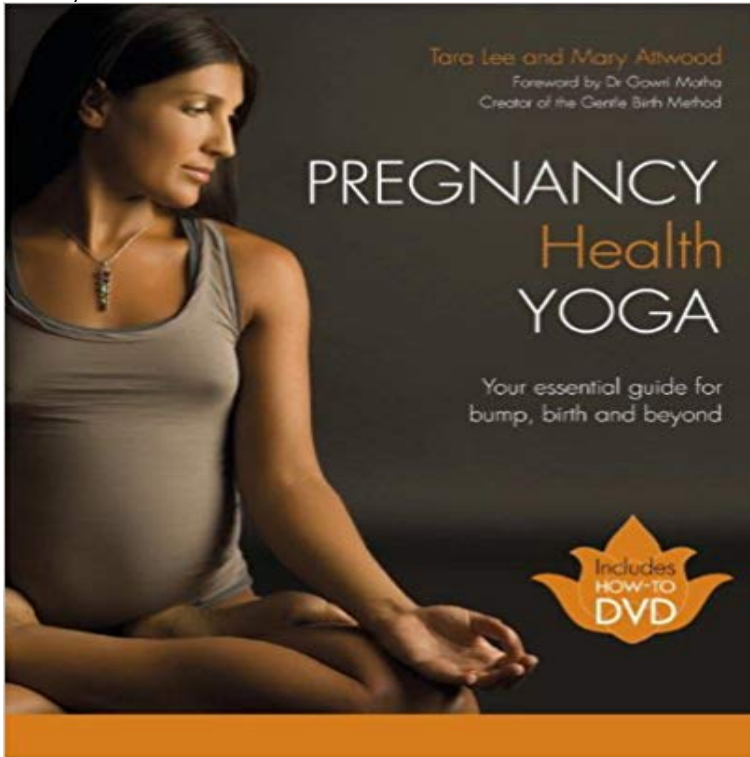


Pregnancy Health Yoga: Your Essential Guide for Bump, Birth and Beyond



From the moment a woman learns she's pregnant till after she gives birth, yoga can help, calming emotions, enhancing health, and aiding in post-natal recovery. Two top experts in pregnancy yoga have created an accessible guide plus a DVD of key practices that gently takes moms-to-be through every stage. They explain breathwork and provide guided meditations and visualizations; illustrated step-by-step routines; and a directory of postures that target common pregnancy-related conditions. Dr. Gowri Motha, internationally celebrated creator of the Gentle Birth Method, has written the foreword.

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