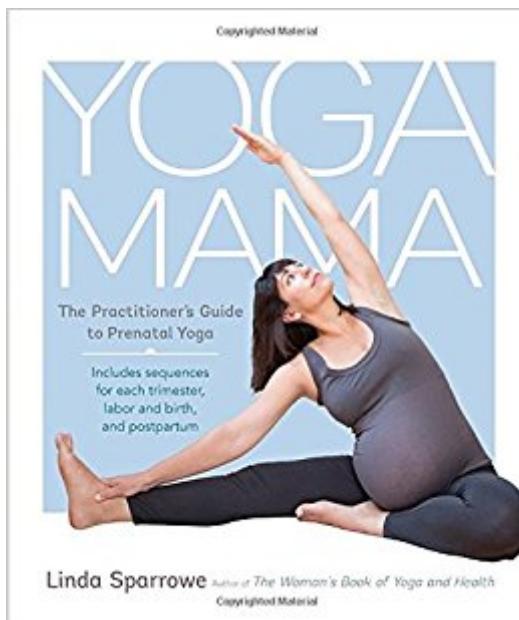


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Yoga Mama: The Practitioner's Guide To Prenatal Yoga



Synopsis

The first pre- and postnatal book geared specifically to experienced yoga practitioners—•from an established author, with contributions from the leaders in the field.

You've been practicing yoga for years. It is a part of the way you live, move, and breathe. And then . . . you get pregnant. Pregnancy can throw any woman a curve ball. Even established and experienced yoga practitioners will likely find that their body, mind, and practice are challenged during pregnancy, birth, and motherhood. This book is the yoga practitioner's companion through this period, offering practical advice, step-by-step asana sequences, pranayama practices, and meditation techniques, all of which are designed to help new mothers connect more deeply to their experience and prepare for their journey—physically, mentally, and spiritually.

Grounded in both ancient wisdom and contemporary knowledge, *Yoga Mama* covers each trimester, labor and birth, and the postpartum years. The beautifully photographed sequences include modifications and suggestions to accommodate a growing belly and to address the concerns or challenges that may arise during this time. Holistic and ayurvedic medicine perspectives help women understand what is happening in their bodies at every juncture, and personal stories connect them to pregnant women everywhere. Through practice, self-reflection, and learning how to let go, yoga gives us the opportunity to be an active, informed participant in the birthing of our baby and a healthy, happy parent. *Yoga Mama* is the perfect companion for the experienced yoga practitioner during her pregnancy and on into motherhood. This pre- and postnatal book offers practical advice and inspiration, asana sequences, pranayama practices, and meditation techniques, all of which speak to and help new mothers connect more deeply to their experience and prepare for their journey—physically, mentally, and spiritually. Grounded in ancient wisdom and contemporary knowledge, the book covers each trimester, labor and birth, and the postpartum years. It includes:

Flowing sequences that emphasize self-awareness and promote strength, flexibility, and balance

Modifications that accommodate a pregnant woman's growing belly, recalibrate her balance, and honor fluctuations in her energy levels

Mini sequences for specific trimester challenges: morning sickness, fatigue, anxiety, low-back issues, etc.

Asana, pranayama, and meditation practices designed to deeply connect mother and baby from the beginning of pregnancy through the postpartum years

A dedicated section on the pelvic floor to encourage women to let go and prepare for labor and birth

Special breathing techniques for labor that encourage natural childbirth

Deeper practices and ancient

teachings that can help women tap into their strength and create a prenatal and birthing experience that is empowering and unique. Postpartum advice and sequences designed to help knit things back together, address postpartum challenges, and offer tips for bonding, nursing, self-care, and nutrition. Information (from a Western holistic and ayurvedic perspective) on what is happening in the body at every juncture--prenatal, labor and birth, and postpartum. With contributions from: Elena Brower: founder and director of Virayoga in New York City, prenatal teacher for YogaGlo.com, and author of *Art of Attention*. Stephanie Snyder: teacher in San Francisco, pre- and postnatal teacher for YogaGlo.com. Jane Austin: pre- and postnatal yoga teacher, midwife, childbirth educator, and director of Mama Tree prenatal teacher training programs in San Francisco. Margi Young: OM yoga teacher in New York and San Francisco. De West: pre- and postnatal yoga teacher and childbirth educator in Boulder. Dustienne Miller: certified physical therapist and Kripalu yoga teacher in Boston. Kate Hanley: OM yoga teacher, mind-body coach, and author of *The 28 Days Lighter Diet*. Melissa Billie Williams: pre- and postnatal teacher and director of Yoga Junction studio in Louisville, Colorado.

Book Information

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Customer Reviews

LINDA SPARROWE is a writer, yoga teacher, and mentor with deep roots in the American yoga community. Former managing editor of and longtime contributor to *Yoga Journal*, she is also the former editor-in-chief of *Yoga International* magazine. Linda has written articles on yoga and women's health for national magazines since 1995. She was recently one of the featured yoga experts in the documentary *Yogawoman*. Linda has also lent her writing and editing skills to a variety of book projects and has authored several books of her own, including *A Woman's Book of Yoga and Health* and *Yoga: A Yoga Journal Book*.

Great book with a lot of options for prenatal yoga for everyone, from beginners to the avid yogi.

Very helpful and wonderful written book on how to instruct pregnant mamas through a wonderful yoga practice.

This is my first pregnancy, and I've gotten mixed messages on yoga in the first trimester. Some say, do what you've always done and others recommend skipping the twists and inversions. *Yoga Mama*'s book is very insightful and contains a lot of personal stories, which I found to be very helpful. I'm totally clueless (which I'm sure a lot of us have felt), but this book made me realize a lot of the things going on were totally normal. I've only read through the first trimester at this point, but plan to use this book throughout my pregnancy. In addition to the texts, it contains sequences for each trimester complete with photos. I'd say this book is more for the already-seasoned yogi that got pregnant, over the pregnant lady that wants to take up yoga for the first time. The reason I say that is it makes a lot of references to yogic texts and other aspects of yoga outside of the asanas (postures). It's answered a ton of questions about which poses I can do, and which ones maybe to leave out, and has also given me the "OK" to skip yoga on days I am not feeling well or am tired. As someone who practices daily, I really need to find that permission to allow myself to rest when I need it most.

I was excited to receive my book, but was sadly disappointed when I opened it and my book was crammed in to the packaging with it folded. This has left a bend down the center of the book which frustrating.

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