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Yoga Mama (Paperback)

By Linda Sparrowe

Shambhala Publications Inc, United States, 2016. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. 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...



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