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YOGA MAMA: 18 EASY YOGA POSES FOR EXPECTANT MOTHERS



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...

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- Authored by Patricia Bacall
- Released at 2015



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