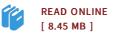


Yoga Mama: 18 Easy Yoga Poses for Expectant Mothers

By Patricia Bacall

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 Il learn can help prepare you for a more effortless labor. If you have an ongoing yoga practice,...



Reviews

It is really an remarkable ebook that we actually have ever read through. I actually have study and i also am confident that i am going to gonna study once more yet again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book. -- Ewell Rempel

This ebook is amazing. It can be rally interesting throgh looking at time. You may like how the author compose this ebook. -- *Nikko Bashirian*