



Yoga for Pregnancy: What Every Mom-to-Be Needs to Know

By Judith Hanson Lasater

Rodmell Press. Paperback. Book Condition: new. BRAND NEW, Yoga for Pregnancy: What Every Mom-to-Be Needs to Know, Judith Hanson Lasater, Drawing on her experience as a mother, a yoga teacher, and a physical therapist, author Judith Lasater, Ph.D. presents a comprehensive and easy-to-follow program of yoga poses and breathing practices. These will help the mother to stay flexible and healthy throughout the pregnancy, remain present during the challenges of labor and delivery, and care for herself during the postpartum period. In addition, the author has created a special section called "Mantras for Mom and Baby," where the mother can explore heart-centered practices, one for each month during pregnancy and baby's first year.



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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dana Hintz**

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- **Elisa Reinger**