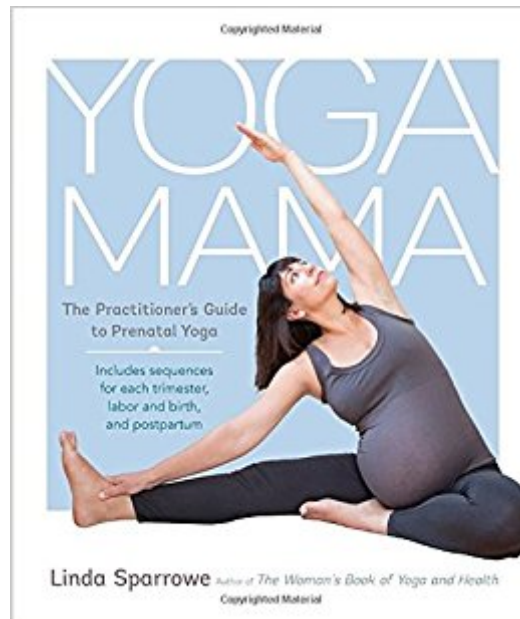


The book was found

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

Personal advice and stories from a wide array of pre- and postnatal experts 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

Paperback: 256 pages

Publisher: Shambhala; 1 edition (March 8, 2016)

Language: English

ISBN-10: 1611801303

ISBN-13: 978-1611801309

Product Dimensions: 8.1 x 0.6 x 9.5 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 4 customer reviews

Best Sellers Rank: #197,990 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #378 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #537 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

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.

[Download to continue reading...](#)

Yoga Mama: The Practitioner's Guide to Prenatal Yoga
Yo Mama Jokes Encyclopedia -The Worlds
Funniest Yo Mama Jokes: Yo Mama Jokes, Jokes and Riddles, Humor, Jokes For Kids, Comedy,

Best Yo Mama Jokes MAMA: a TRUE story, in which a BABY HIPPO loses his MAMA during a TSUNAMI, but finds a new home, and a new MAMA Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth The Prenatal Yoga Deck: 50 Poses and Meditations Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) The Inner Tradition of Yoga: A Guide to Yoga Philosophy for the Contemporary Practitioner Nurse Practitioner's Business Practice and Legal Guide, Second Edition (Buppert, Nurse Practitioner's Business Practice and Legal Guide) Nurse Practitioner's Business Practice And Legal Guide (Buppert, Nurse Practitioner's Business Practice and Legal Guide) Yo Mama Jokes from All Around the Block: Just Like Yo Mama, Fool!, Volume 1 The Hoosier Mama Book of Pie: Recipes, Techniques, and Wisdom from the Hoosier Mama Pie Company Best Wok Recipes from Mama Li's Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1) 151+ Funny Yo Momma Jokes: The Funniest Yo Mama Jokes / Your Mama Jokes Yo Mama Jokes: 201+ Best Yo Momma jokes! (Comedy, Jokes And Riddles, Humour, Jokes For Kids, Yo Mama Jokes) Nurse Practitioner's Business Practice And Legal Guide (Buppert, Nurse Practitioner's Business Practice and Legal Gu) Immigrant Students and Literacy: Reading, Writing, and Remembering (Practitioner Inquiry Series) (Practitioner Inquiry (Paperback)) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)