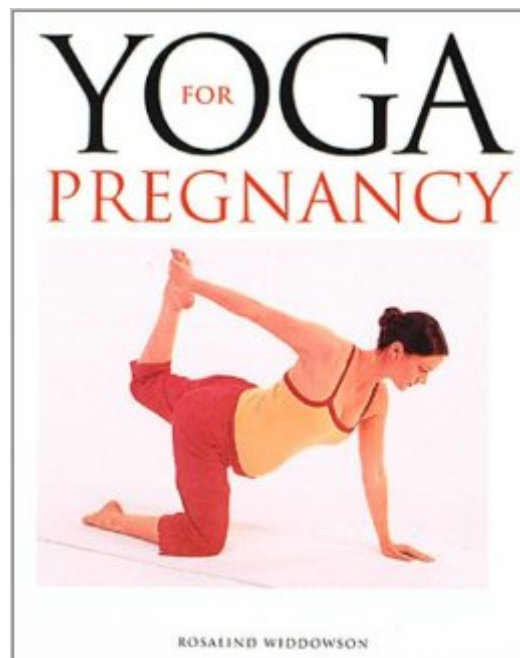


The book was found

# Yoga For Pregnancy



## Synopsis

-- Appeals to both beginners and those experienced in yoga.-- Reviewed and endorsed by an antenatal expert.-- Includes exercises that provide relief from common pregnancy-related discomforts.-- Helps prepare mothers-to-be for upcoming labor and childbirth by enhancing their awareness of the muscles used in labor and child delivery.

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,891,008 in Books (See Top 100 in Books) #173 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #2775 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #3962 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

I found the book lack guidelines on yoda poses that you should avoid while being pregnant. It also could include more challeging poses for those who are more fit and experience in yoga.

Yoga is one of the most beneficial exercises for pregnant women. In this book Rosalind Widdowson delivers a number of the most effective yoga poses for pregnant women. One of the best things about the book is that it has easy to read and follow instructions for each pose. Along with each set of instructions, could be anywhere from two to three pictures demonstrating the pose. Verbal and visual learners alike will gain easy practice with this book. Additionally, the book talks about breathing and the importance of practicing yoga breathing for mother and baby. Believe me, practicing from this book will make your pregnancy more enjoyable and endurable. One of the best things is that many mothers continue yoga after birth because of the benefits this book outlines and introduces. A must read for any soon to be mother!

I really like all of the photographs, not drawings, that help demonstrate the poses. I also like that it is broken down by trimester, and discusses what each pose helps. For example, a pose may indicate that it helps prevent and ease fluid retention, relieve backache, or prevent indigestion.

This book is phenomenal, plain and simple. Used throughout my second pregnancy, Yoga for Pregnancy helped me balance my mind and body with very little effort needed. I wasn't sure whether Yoga was for me, but Widdowson's instruction, as well as the detailed, color images allowed for no mistakes or misunderstanding. I found, compared to my first pregnancy, that there was no noticeable turmoil going on hormonally and my ability to focus on giving birth was increased ten-fold. My muscles were toned without ever losing a breath of air or breaking a sweat. Further, my baby is very active and strong and is developmentally ahead of most infants...I don't know if I can attribute this to Yoga (bumping and rolling her around for nine months) or healthy living overall, but Yoga sure made a difference. This book is well worth anyone's time, not just pregnant women...I recommend it to the fathers as well...it doesn't hurt dads to mentally prepare for their new arrival!

I like the breathing focus at the beginning of the book. This emphasises the importance of the breath in any yoga practice. Posture and pelvic tilt are explained quite nicely with some easy to follow photographs. I feel there could be more classical standing poses to develop stamina and strength although there are a few stretches with a bamboo pole which could be a substitute for say a table or the wall if one does not have a bamboo pole handy. Sun and moon breathing (surya and chandra pranayam) are offered but for the beginner alternate nostril breathing is probably going to be more balancing overall. In any event, it should complete either sun and moon breath cycles. Rocking the cradle is a cute way to open the hips, reminding you that soon you will be rocking the baby. The cross over twist seems too deep a visceral twist for the baby and the hip opener with feet supported could use additional support under the thighs. The third section seems to be mostly 'dance type' moves to stretch the body. The sarong stretches are quite nice. I especially like the sarong around the back of the body in seated posture as on page 111. It can provide a nice support for the back, especially if the chest is opened at the same time. Camella Nair R.Y.T author "Aqua Kriya Yoga"

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