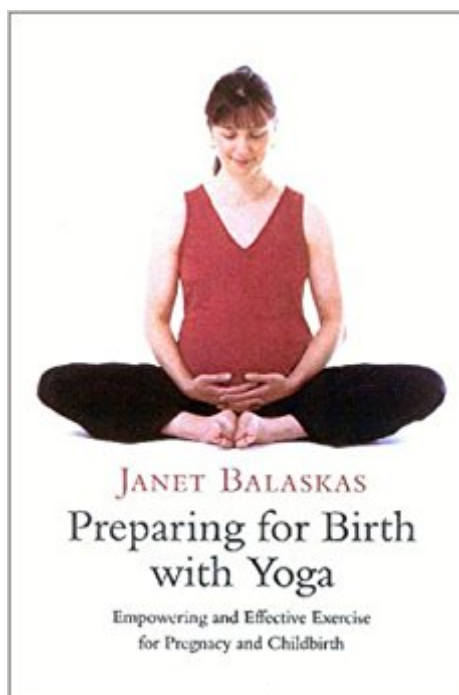




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# **Preparing For Birth With Yoga, Updated Edition: Empowering And Effective Exercise For Pregnancy And Childbirth**



## Synopsis

The exercises illustrated in this book help relieve pain, discomfort and tension at all the states of pregnancy including childbirth itself.

## Book Information

Paperback: 256 pages

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## Customer Reviews

Janet Balaskas is a pioneer and innovator in the field of childbirth and maternity care. She is the founder of the well-known and influential Active Birth Movement and is the preeminent pregnancy and childbirth writer and expert of our time; Janet is internationally recognised by mothers and midwives alike as THE name in yoga for pregnancy and natural, self-empowering approaches to the birth experience. Janet now runs the International Active Birth Centre in London, lectures internationally and is a well-known campaigner for women's rights in childbirth. She is the author of several books, including Water Birth, New Active Birth, Natural Pregnancy and The Encyclopedia of Pregnancy and Birth.

I LOVE this book. As a teacher of yoga for pregnancy, I have found it to be a treasure-trove of inspiration and ideas. Founder of the Active Birth movement, Janet Balaskas is a revolutionary. She shows women that pregnancy and childbirth are natural, normal processes, and that being active during childbirth is not only possible, it is healthier for the mom and baby. Yoga is the perfect exercise for wellness during pregnancy and preparation for childbirth. The strengthening, toning, deep breathing, and relaxation shown in this book can be done at home. Women who practice yoga

are much more comfortable during pregnancy, more likely to have shorter labors, and fewer complications. I highly recommend this book.

I was recommended this book by my yoga teacher, an Indian woman from Rajasthan, who has devoted her whole life to yoga. It is truly a great book. It has clear explanations of all processes that happen in woman's body in pregnancy, helps you understand your body and mind during pregnancy and helps you fix the basic troubles you might have in pregnancy, like bad posture, weak pelvic muscles or backpain with simple tips. Being in the second half of my pregnancy, I used the advice from this book on daily bases and have no backpain or other troubles so far. In addition I think yoga makes you be more "with" yourself, so you can feel and be calm about your changes, and I think you can connect to your baby much better. I am pregnant for the first time, but felt the first movements of my baby already since week 15. Try it yourself!

I used this book during my pre-natal yoga certification course. It is a great reference tool for personal practitioners as well as pre-natal yoga instructors.

So helpful and organized well!

great

Great, easy to read and understand. Very informative and helpful for women who want to prepare for birth with yoga. Empowering! A must read.

i receive it very fast. very useful. OK. This is a great bread product! It slices through my homemade bread with bees. It is nice and big, as well as solidly weighted. my father this it is the best ,

I am reviewing this book for my website - [...] - as it is a book I recommend for the yoga teacher training I conduct in Milano Italy. As yoga teachers we have also pregnant women in normal classes and have to take care of their condition with the do and do nots. The anatomical illustrations are very clear and what is especially helpful is how the author stresses the role of the partner, who is also active in the whole process. excellent the suggestions for labour and what happens after, I have given this book to more than one pregnant student and of course my own daughter mother of 3!

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