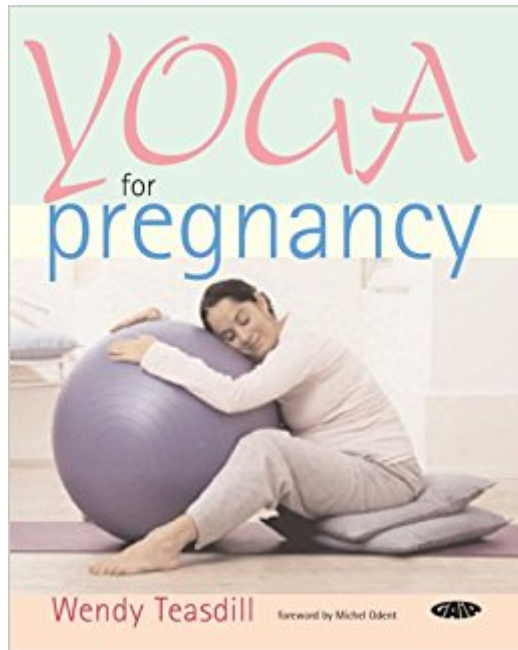




Ebook Directory
the best source of ebook

The book was found

Yoga For Pregnancy



Synopsis

Each pregnancy is unique and, in "Yoga for Pregnancy", Wendy Teasdill acknowledges each woman's individuality and helps her learn to connect with her own body, mind and emotions, in order to build a harmonious bridge to her growing baby. As pregnancy brings its emotional ups and downs, Wendy teaches yoga to bring tranquillity and to help each woman attune to her baby and her own joy.

Book Information

Paperback: 144 pages

Publisher: Gaia Books Ltd (August 15, 2005)

Language: English

ISBN-10: 1856752445

ISBN-13: 978-1856752442

Product Dimensions: 7.5 x 0.5 x 9.3 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,312,451 in Books (See Top 100 in Books) #111 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #2827 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

Wendy Teasdill is an experienced yoga teacher and mother of three children. She has travelled widely - particularly drawn to the mountainous regions of the world - all the time practising meditation and yoga. She began to teach yoga in Hong Kong where she adapted her teaching to meet the individual needs of students who became pregnant.

Great book, lots of detailed descriptions for asanas and sequences.

A good reference. Loaned it to a student for her pregnancy, delivery, and post baby-hood. She appreciated it!

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

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 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) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) The Everything Vegan Pregnancy Book: All you need to know for a healthy pregnancy that fits your lifestyle (Everything Series) Your Healthy Pregnancy with Thyroid Disease: A Guide to Fertility, Pregnancy, and Postpartum Wellness Pilates for Pregnancy: The Ultimate Exercise Guide to See You Through Pregnancy and Beyond Your Best Pregnancy: The Ultimate Guide to Easing the Aches, Pains, and Uncomfortable Side Effects During Each Stage of Your Pregnancy Pregnancy: The Ultimate Survival Guide to Pregnancy and Birth Pregnancy Week by Week: Guide to Healthy Pregnancy of What to Expect When Expecting for First Time Moms Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)