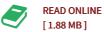




Yoga for Pregnancy: What Every Mom-to-Be Needs to Know

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.



Reviews

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Baby Whale s Long Swim: Level

1

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Cat's Claw ("24" Declassified)

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Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little



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Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



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