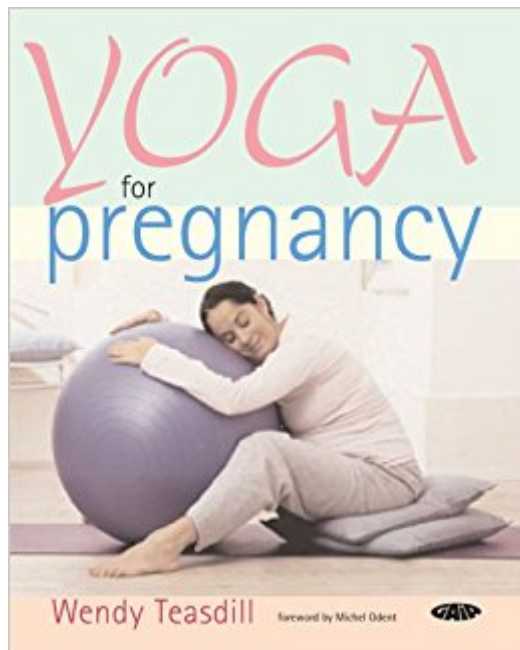


The book was found

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

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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!

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