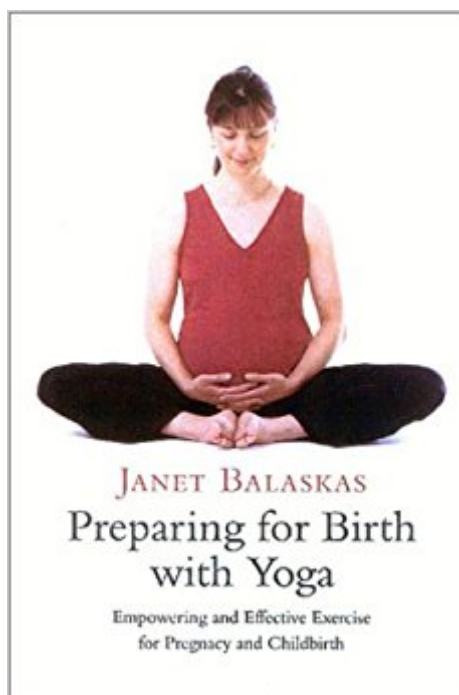




**Ebook Directory**  
the best source of ebook

**The book was found**

# **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

Publisher: Thorsons; Upd Sub edition (November 25, 2003)

Language: English

ISBN-10: 0007166761

ISBN-13: 978-0007166763

Product Dimensions: 7.4 x 0.6 x 9.6 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.4 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,167,629 in Books (See Top 100 in Books) #99 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #1735 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #2514 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## 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!

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

Preparing for Birth with Yoga, Updated Edition: Empowering and Effective Exercise for Pregnancy and Childbirth  
Pregnancy: First Time Moms- Getting Pregnant, Childbirth, and Newborn (first time mom, pregnancy, newborn, childbirth, obstetrics, parenting, motherhood)  
Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth  
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)  
Calm Birth: Empowering Preparation for Childbirth  
Natural Birth: A Holistic Guide to Pregnancy, Childbirth, and Breastfeeding  
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)  
The Birth Partner, 4th Edition, Completely Revised and Updated: A Complete Guide to Childbirth for Dads, Doulas, and Other Labor Companions  
Husband-Coached Childbirth (Fifth Edition): The Bradley Method of Natural Childbirth  
Preparing for a Gentle Birth: The Pelvis in Pregnancy  
Pilates for Pregnancy: The Ultimate Exercise Guide to See You Through Pregnancy and Beyond  
Pregnancy: The Ultimate Survival Guide to Pregnancy and Birth  
Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation  
Pregnancy Health Yoga: Your Essential Guide for Bump, Birth and Beyond  
Belly Laughs, 10th anniversary edition: The Naked Truth about Pregnancy and Childbirth  
Pregnancy, Childbirth, and the Newborn (4th Edition): The Complete Guide  
Pea in a Pod, Second Edition: Your complete Guide to Pregnancy, Childbirth & Beyond  
Preparing for Childbirth: Guided Imagery Exercises to Ease Labor and Delivery  
Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)