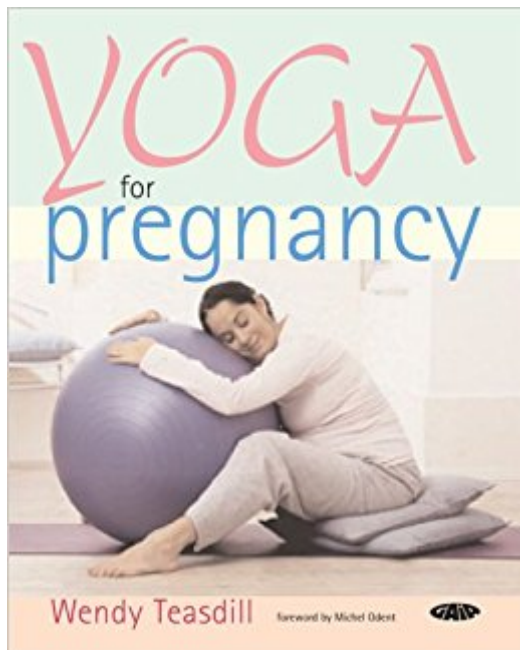


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# Yoga For Pregnancy



## 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!

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