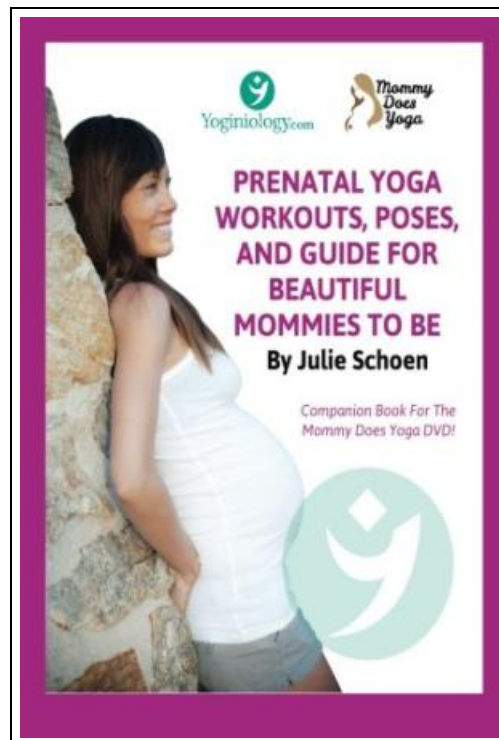


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Welcome To Your Yoga Practice Mommy! Julie Schoen and Mommy Does Yoga proudly present the official companion guide for the Mommy Does Yoga Prenatal Yoga DVD. Complete with detailed instructions and photographs for every pose included in the video, along with helpful advice for practicing yoga while pregnant, this book is exactly what you need to deepen your practice and enjoy every special moment pregnancy has to offer! Get answers to questions like: When Should I Start Practicing Prenatal Yoga? Will Yoga Help With Morning Sickness? Which Poses Should Definitely Not Be Practiced While Pregnant? Why Is Meditation Important During Pregnancy? Are There Any Types Of Yoga That Are Unsafe For Pregnancy? And More! Pregnancy, from day one, is filled with constant changes, both physically and emotionally. Yoga is one of the best ways to help deal with these changes, keeping the body comfortable and active and the mind calm and open. Preparing for the 9-month journey of pregnancy, childbirth, and parenthood are just some of the benefits of prenatal yoga, not to mention a healthy, happy body. This Mommy Does Yoga prenatal guide is designed to be used with the companion DVD, but can absolutely be used on its own. Offering poses for a complete 60-minute yoga flow session, combined with a meditation and relaxing restorative poses, this guide will get you started on what is sure to be an amazing journey for both you and baby! Give the gift of yoga to you and your little one! Click Buy Now and begin enjoying prenatal yoga today!.



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