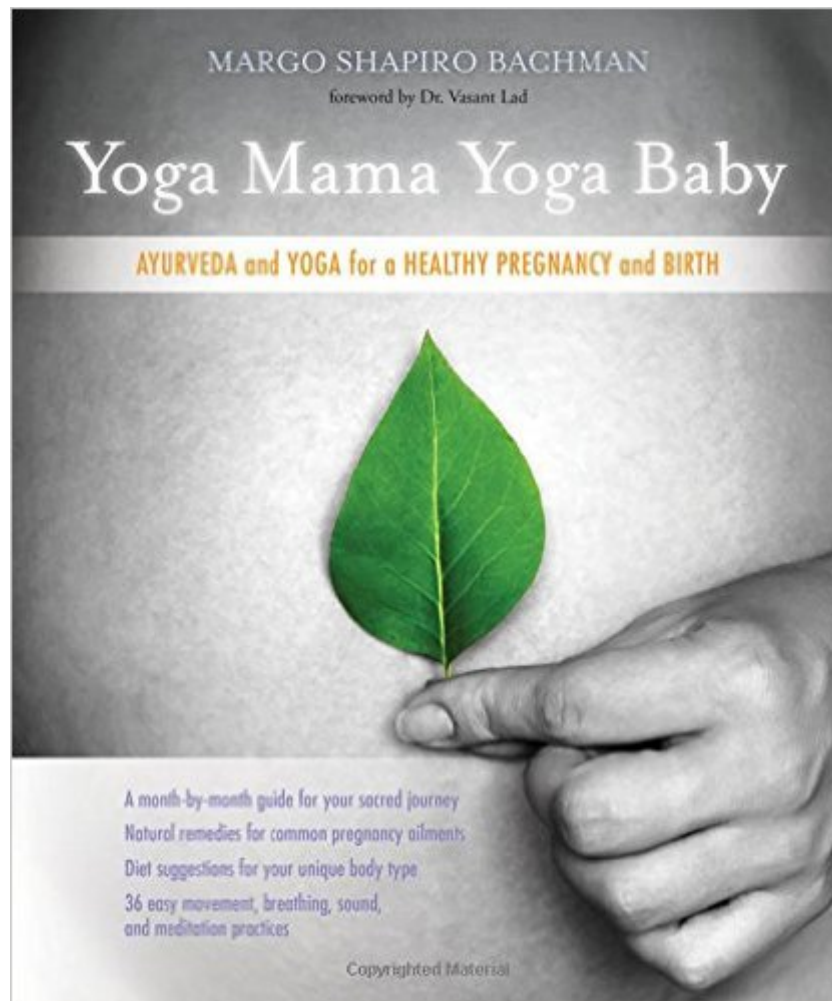


The book was found

Yoga Mama, Yoga Baby: Ayurveda And Yoga For A Healthy Pregnancy And Birth



Synopsis

Pregnancy is an extraordinary time of transformation and a profound rite of passage that requires special care and guidance. The complementary tools and practices of Ayurveda and yoga have been used together for thousands of years to support a healthy body, balanced mind, and higher consciousness. With *Yoga Mama, Yoga Baby*, Margo Shapiro Bachman brings readers the first book to show how these "sister sciences" can support the miraculous journey of pregnancy. This thoroughly detailed guidebook shares practical and easy-to-apply teachings and information to help women experience pregnancy with radiant health and abundant joy, including:

- The basics of Ayurveda, yoga, diet, and lifestyle
- Cornerstone principles, basic terms and concepts, essential self-assessments, and more
- Month-by-month exercises and practices, including meditation, mantra, breathwork, asana, journaling, and massage
- Practical tips to encourage natural labor and delivery
- Guidance on staying healthy and happy in the precious first postpartum weeks with baby

For women everywhere, *Yoga Mama, Yoga Baby* is an indispensable resource for treasuring every moment of pregnancy and blessing the mother and child with health, happiness, consciousness, and love.

Book Information

Paperback: 336 pages

Publisher: Sounds True; 1 edition (November 1, 2013)

Language: English

ISBN-10: 1604079851

ISBN-13: 978-1604079852

Product Dimensions: 7.5 x 0.9 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #281,023 in Books (See Top 100 in Books) #46 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #83 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #561 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#)

Customer Reviews

I'm unofficially studying Ayurveda until I can go to school for it, and I am now pregnant. I was looking for a book that would help me understand pregnancy in an Ayurvedic context, so I was very glad to find this one, especially since it has a forward by Dr. Vasant Lad, the gentleman whose

materials I'm devouring. With that being said, I was completely disappointed with this book. I've edited my original review to this one to be useful to others, and highlight the positives, even if I thought there were few (as I was too asleep this morning to have attempted it, but did anyways...). PROS:- A westerner tackled this subject in this context, and for that she deserves some credit.- It's a simple introduction to Ayurveda and to pregnancy. There is a briefing of the 3 basic constitutions, and of the 3 trimesters.- There are suggested Yoga positions.- There is a list of herbs to avoid during pregnancy. I'm being very generous about the pros.. CONS:- Chances are, if you're pregnant, you'll want a way more in depth book than this one, and same if you're interested in Ayurveda. It is literally like the author took the two subjects and kept them totally separate, or like she just started to study either of them, and put what ever she found for free on the Internet into this book. It does NOT present pregnancy from an Ayurvedic viewpoint. There isn't even a mention of how, regarding anemia, Vata types tend to be the ones with iron deficiency, Pitta B12, and Kapha B6. I know she can't diagnose, and one certainly should look for an Ayurvedic doctor before making any conclusions too quickly, but still!- The list of herbs to avoid is a joke. It is literally a list of just the herbs.

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

Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Yo Momma Jokes (151+ Funny Yo Momma Jokes - Yo Mama Jokes): Yo Mama Jokes, Your Mama Jokes, Funny Jokes, Hilarious Jokes (Funny Yo Mama Jokes) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) Pregnancy: The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children, parenting, toddlers ... diet, Breastfeeding, Newborn, Infant Care) Yo Mama Joke Book (Funny Yo Mama Jokes): Funny Jokes - Yo Mama Jokes - Yo Momma Jokes - Jokes - Jokes Book (Funny and Hilarious Joke Books) YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) The Ayurveda Hair Loss Cure: Preventing Hair Loss and Reversing Healthy Hair Growth For Life Through Proven Ayurvedic Remedies (Ayurveda Medicine, Hair ... Diet, Hair Loss Diet, Hair Loss Solutions) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby

Food (How to Make Baby Food) Mama Sana, Bebe Sano: Healthy Mother, Healthy Baby (Spanish Edition) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. Best Wok Recipes from Mama Li's Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1) Sweet Potato Mama Cookbook: The Savory Gluten Free Healthy Ecofriendly Side of the World's Most Nutritious Food: The Cholesterol Free Sweet Potato (Sweet Potato Mama Cookbooks Book 1) The Healthy Baby Meal Planner: 200 Quick, Easy, and Healthy Recipes for Your Baby and Toddler Everything You Need to Know to Have a Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More! Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation Yoga for Pregnancy, Birth, and Beyond

[Dmca](#)