



Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth

Margo Shapiro Bachman M.D.

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Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Margo Shapiro Bachman M.D.

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.

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The particular book Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth has a lot info on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. The author makes some research before write this book. That book very easy to read you can obtain the point easily after reading this article book.

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Playing with family in a very park, coming to see the water world or hanging out with close friends is thing that usually you will have done when you have spare time, after that why you don't try issue that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth, you are able to enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its known as reading friends.

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