

Iyengar Yoga for Motherhood



Safe Practice for
Expectant & New Mothers

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Foreword by
B.K.S. Iyengar



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From the daughter of yoga guru B.K.S. Iyengar, a book that every mother-to-be and new mom will celebrate! With its superb provenance, encyclopedic coverage, and meticulous allopathic medical vetting, Iyengar Yoga for Motherhood is

THE indispensable volume for every woman who wishes to continue her Yoga practice during pregnancy and the first 18 months of motherhood. Lavishly produced, with a fresh, contemporary design and a strong emphasis on safety, it offers guidance, reassurance, and easy-to-follow step-by-step instructions. More than 350 photographs—using ethnically neutral models—carefully guide readers through every asana, highlighting variations on each for safe practice. Additionally, women will find safety rankings for each trimester of pregnancy, call-outs listing benefits and cautions, and detailed instructions for proper anatomical alignment and Pranayama breathing. officially sanctioned by B.K.S. Iyengar, who has also written the foreword, the publication of Iyengar Yoga for Motherhood is sure to be an important event in the Yogic community.

作者介绍:

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