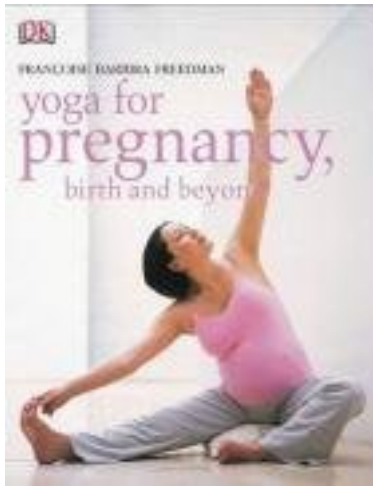


# Yoga for Pregnancy, Birth and Beyond



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出版者:Dorling Kindersley Publishers Ltd

出版时间:2004-06-03

装帧:Paperback

isbn:9781405300568

Enhance your experience of pregnancy and birth with the meditative power of yoga. Step-by-step yoga postures specially adapted for each trimester, relaxation techniques and simple breathing exercises will show you how to adjust to the physical demands of labour and give birth with minimum strain. From conception to birth, help develop shared wellbeing, with the only guide to identify the real advantages of yoga for mother and baby.

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