



Yoga for Pregnancy, Birth, and Beyond

Francoise Barbira Freedman

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With step-by-step photos of classic yoga postures especially adapted for each trimester, this book demonstrates how the regular practice of yoga provides many physical and emotional benefits that can enhance the whole experience of parenting. Featuring a unique section of special yoga and relaxation exercises to do with or without the baby up to 16 weeks after birth, *Yoga for Pregnancy, Birth, and Beyond* is the only book that identifies the real benefits of yoga for both mother and baby throughout pregnancy and beyond.

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