



Pregnancy Health Yoga: Your Essential Guide for Bump, Birth and Beyond

By Tara Lee, Mary Attwood

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From the moment a woman learns she's pregnant till after she gives birth, yoga can help, calming emotions, enhancing health, and aiding in post-natal recovery. Two top experts in pregnancy yoga have created an accessible guide—plus a DVD of key practices—that gently takes moms-to-be through every stage. They explain breathwork and provide guided meditations and visualizations; illustrated step-by-step routines; and a directory of postures that target common pregnancy-related conditions. Dr. Gowri Motha, internationally celebrated creator of the Gentle Birth Method, has written the foreword.

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Editorial Review

About the Author

Tara Lee is the UK's leading pregnancy yoga teacher, and teaches at London's The Life Centre. She is a trained doula (labor coach) and has been featured in many publications including the *Sunday Times* and *15-Minute Gentle Yoga* (Dorling Kindersley).

Mary Attwood, who devised the original *Pregnancy Health Yoga* DVD as well as the DVD in this book, was business manager for the Life Centre and helped to establish the Alchemy Centre, London.

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