



Yoga For Pregnancy

Theresa Jamieson

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Yoga for Pregnancy recognises that pregnancy yoga is quite different from regular yoga, being much softer and less strenuous on the body. Theresa Jamieson takes you through the exercises, with the specialised needs of the pregnant woman foremost, and shows you how to establish and maintain flexibility, tone and strength throughout pregnancy while preparing for labor and childbirth. This kit contains a 64-page full-color book with clear instructions about the postures and techniques to ensure your time doing yoga at home is always safe. The DVD gives you the opportunity to do yoga classes in the comfort of your home. It is conveniently divided into three separate programs that can be done either on their own, or in conjunction with each other. Practicing yoga during pregnancy is safe and gentle way to enjoy light exercise and relaxation, even if you've never done yoga before.

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