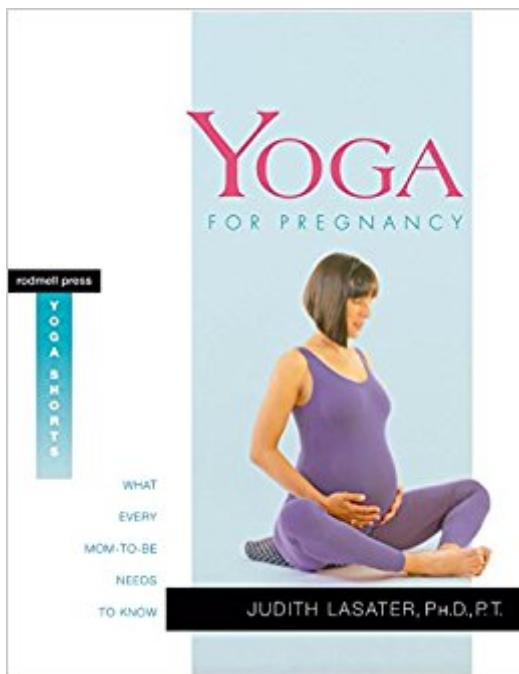


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# **Yoga For Pregnancy: What Every Mom-to-Be Needs To Know**



## **Synopsis**

Drawing on her experience as a mother, a yoga teacher, and a physical therapist, author Judith Lasater, Ph.D. presents a comprehensive and easy-to-follow program of yoga poses and breathing practices. These will help the mother to stay flexible and healthy throughout the pregnancy, remain present during the challenges of labor and delivery, and care for herself during the postpartum period. In addition, the author has created a special section called "Mantras for Mom and Baby," where the mother can explore heart-centered practices, one for each month during pregnancy and baby's first year.

## **Book Information**

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## **Customer Reviews**

Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Dr. Lasater is the president of the California Yoga Teachers Association and serves on the advisory boards of Yoga Journal and the Yoga Research and Education Center. Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra at the Iyengar Yoga Institute of San Francisco. In addition, she leads workshops and retreats throughout the United States and abroad. Dr. Lasater writes extensively about yoga. Her feature articles, columns, and essays appear in numerous books, magazines, and anthologies. She is the author of *Relax and Renew: Restful Yoga for Stressful Times*, the first book devoted to the

supported yoga poses and breathing techniques called restorative yoga. Judith Lasater lives in the San Francisco Bay Area with her husband and three children.

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Great for new students to practice at home because there are simple instructions and images of props. Lacking for teachers who have exposure to restorative and Iyengar teachings. I love Judith Lasater, but this book left me wanting more. There are about 5 asanas presented (of course in great detail with pictures). As a teacher with experience in restorative and Iyengar style, nothing new was presented. To be fair, I have used the principles and asanas in her book as a creative jumping point for teaching prenatal yoga. I would recommend this book to a yoga student who has only had exposure to vinyasa, hot, power yoga prior to pregnancy as these simple postures will change their lives. For a teacher or student of restorative these may seem basic. Her mantras offered in the end also disappointed me, as again I felt they were basic and left me wanting more. But there is nothing wrong with a book that drives you to expand on the topic and find your own creativity!

I was a bit disappointed in this book. Not many poses or caveats. Might be ok for those new to yoga but I've done yoga for 10 years and this just missed the mark.

It did not give much more information than Lasater's original book on Restoring and Renewing the body. I was really hoping that it had more poses and more information.

I'm a yoga teacher, about to teach a prenatal class. I bought this book because Judith Lasater is an

excellent teacher and I hoped to get some ideas for my class. The 23 pages of this book devoted to prenatal yoga were quite helpful. I just expected more. This is billed as a Rodmell Press "Yoga Shorts" and it is. The book would probably be most helpful for a pregnant woman who is new to yoga. She would learn 6 poses, 3 of them supported. For everyone else, I'd recommend going with Lasater's **RELAX AND RENEW**.

A good basic primer. I expected more photos or diagrams showing safe ways to do yoga postures while pregnant. I ordered it to give to some ladies who take my yoga classes. Better than nothing.

i love judith lasater's work but this book was WAY shorter than i expected and i found it lacking in the posture department. If i had read the other reviews i would have seen that already :) I hope she'll write a longer version one day!

Great book and great service from this retailer

if this is everything that a mom-to-be needs to know then she will be pretty much in the dark! not much in this book on yoga. in fact there are about 3 poses and that's it. very disappointing

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