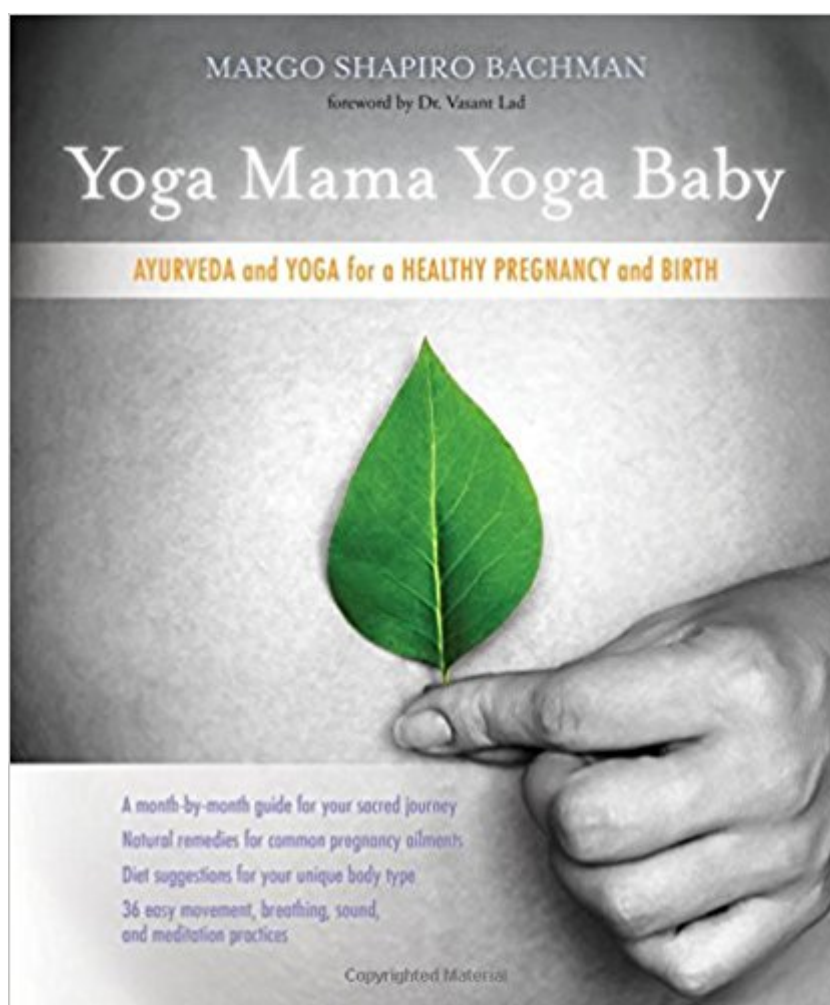


The book was found

Yoga Mama, Yoga Baby: Ayurveda And Yoga For A Healthy Pregnancy And Birth



Synopsis

Pregnancy is an extraordinary time of transformation and a profound rite of passage that requires special care and guidance. The complementary tools and practices of Ayurveda and yoga have been used together for thousands of years to support a healthy body, balanced mind, and higher consciousness. With *Yoga Mama, Yoga Baby*, Margo Shapiro Bachman brings readers the first book to show how these "sister sciences" can support the miraculous journey of pregnancy. This thoroughly detailed guidebook shares practical and easy-to-apply teachings and information to help women experience pregnancy with radiant health and abundant joy, including:

- The basics of Ayurveda, yoga, diet, and lifestyle
- Cornerstone principles, basic terms and concepts, essential self-assessments, and more
- Month-by-month exercises and practices, including meditation, mantra, breathwork, asana, journaling, and massage
- Practical tips to encourage natural labor and delivery
- Guidance on staying healthy and happy in the precious first postpartum weeks with baby

For women everywhere, *Yoga Mama, Yoga Baby* is an indispensable resource for treasuring every moment of pregnancy and blessing the mother and child with health, happiness, consciousness, and love.

Book Information

Paperback: 336 pages

Publisher: Sounds True; 1 edition (November 1, 2013)

Language: English

ISBN-10: 1604079851

ISBN-13: 978-1604079852

Product Dimensions: 7.5 x 0.9 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 21 customer reviews

Best Sellers Rank: #114,892 in Books (See Top 100 in Books) #15 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #26 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #246 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

"In *Yoga Mama, Yoga Baby*, Margo Bachman beautifully elaborates the basic principles of Ayurveda--the science of life--and combines it with the complete practice of yoga...leading the prospective mother through exercises, practices, and inner exploration to awaken inner bliss, joy,

and fulfillment as she advances through her pregnancy." - From the foreword by DR. VASANT LAD, founder of The Ayurvedic Institute "Yoga Mama, Yoga Baby is a most delightful book chock-full of ancient wisdom for modern motherhood." - CHRISTIANE NORTHRUP, MD, author of the New York Times bestseller Women's Bodies, Women's Wisdom "Margo Bachman has produced an excellent and comprehensive guide to pregnancy and childbirth, reflecting a deep understanding of the ancient sister sciences of yoga and Ayurveda. The book is detailed, practical, and thorough, providing a complete course on how to optimize this important and foundational phase of human life." - DR. DAVID FRAWLEY, author of Yoga and Ayurveda and director of the American Institute of Vedic Studies "Yoga Mama, Yoga Baby is a comprehensive resource that guides expectant mothers and their families from conception, through each stage of pregnancy, to birth and post partum. In this beautiful book, Margo integrates authentic teachings and practices from the great traditions of Ayurveda and Yoga, making them accessible and practical in the modern context. Yoga Mama - Yoga Baby is an invaluable resource." - GARY KRAFTSOW, American Viniyoga Institute, Author of Yoga for Wellness; and Yoga for Transformation "Both Eastern and Western medicine recognize the effects that early development has on the life of a child, the adult that child becomes, and even that adult's children and children's children. To have a guide that supports awareness and health in pregnancy, birth, and early childhood is a blessing that can affect genetic expression, health, and happiness in new parents, new babies, and generations to come. The impact that this book can have is hard to overestimate." - DR. CLAUDIA WELCH, author of Balance Your Hormones, Balance Your Life

Margo Shapiro Bachman, MA, is a mother of two, a nationally certified Ayurvedic practitioner and an RYT500 registered yoga teacher. She has studied and practiced yoga, meditation and Western herbal medicine for over 20 years, and received more than a decade of extensive Ayurvedic training. Her private practice and teaching focus on in women's and children's health.Â See margoshapirobachman.com

I require this book as part of the curriculum for my 85 hour prenatal yoga teacher training. I chose this book because of it's ability to educate students in the basics of Ayurveda during pregnancy. I think that the author did a great job synthesizing some very complex material into layman's terms. My trainees always really enjoy this book. I think the postpartum section could be a bit more comprehensive.

pretty good reference for an Ayurvedic pregnancy. not necessarily strictly Ayurvedic in recommendations, but definitely a good reference to have along with the more general books such as Svoboda Ayurveda for Women.

Margo Bachman's book is the one we've been waiting for - a thorough, thoughtful, and illuminated resource for pregnancy and birth born from her own integration of the great traditions of Yoga and Ayurveda. I so highly recommend it!

Wonderful information for moms everywhere on how to integrate the beautiful traditions of Ayurveda into your prenatal care. Advice on nutrition, asanas, pranayama and meditation. I loved it!

Wonderful resource that includes ayurvedic teachings and traditions for pregnancy-a rare gem of knowledge. Beautifully structured, easy to read. Love how this book relates yoga philosophy to pregnancy and motherhood as well. Not just a list of asanas, but includes well described practices appropriate for each stage, including but not limited to, pranayama and mantra. Now on my must read list for expecting families.

There are so many wonderful remedies and tips for getting through your pregnancy! It is a must read for expecting mamas!

Love it! Very well written for health conscious Mums. Love the recipes and exercises. Easy to follow and great diagrams included.

love this book

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Girls, Baby Names for Boys & Most Popular Baby Names 2017 Textbook of Ayurveda, Vol. 1: Fundamental Principles of Ayurveda Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1) Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1) Bump to Birthday, Pregnancy & First Year Baby Journal : an award-winning journal / diary to help you hold onto memories of the growing bump, the birth ... first year with your baby Congratulations On Your Baby Girl: An Adult Coloring Book for Maternity and Motherhood with Inspirational Baby Girl Quotes (Creative and Unique Baby ... to Provide Stress Relief During Pregnancy) Congratulations On Your Baby Boy: An Adult Coloring Book for Maternity and Motherhood with Inspirational Baby Boy Quotes (Creative and Unique Baby ... to Provide Stress Relief During Pregnancy) Best Wok Recipes from Mama Li's Kitchen: Healthy, Quick and Easy One Pot Meals for Busy Families (Mama Li's Kitchen Book 1) Pregnancy: The Ultimate Survival Guide to Pregnancy and Birth Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Trim Healthy Mama's Trim Healthy Table: More Than 300 All-New Healthy and Delicious Recipes from Our Homes to Yours Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Buzz, Splash, Zoom, Roar!: 4-book Karen Katz Lift-the-Flap Gift Set: Buzz, Buzz, Baby!; Splish, Splash, Baby!; Zoom, Zoom, Baby!; Roar, Roar, Baby! Baby log book for twins: My Baby's Health Record Keeper, Baby's Eat, Sleep & Poop Journal, Log Book, Activities baby for twins (Volume 3)

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