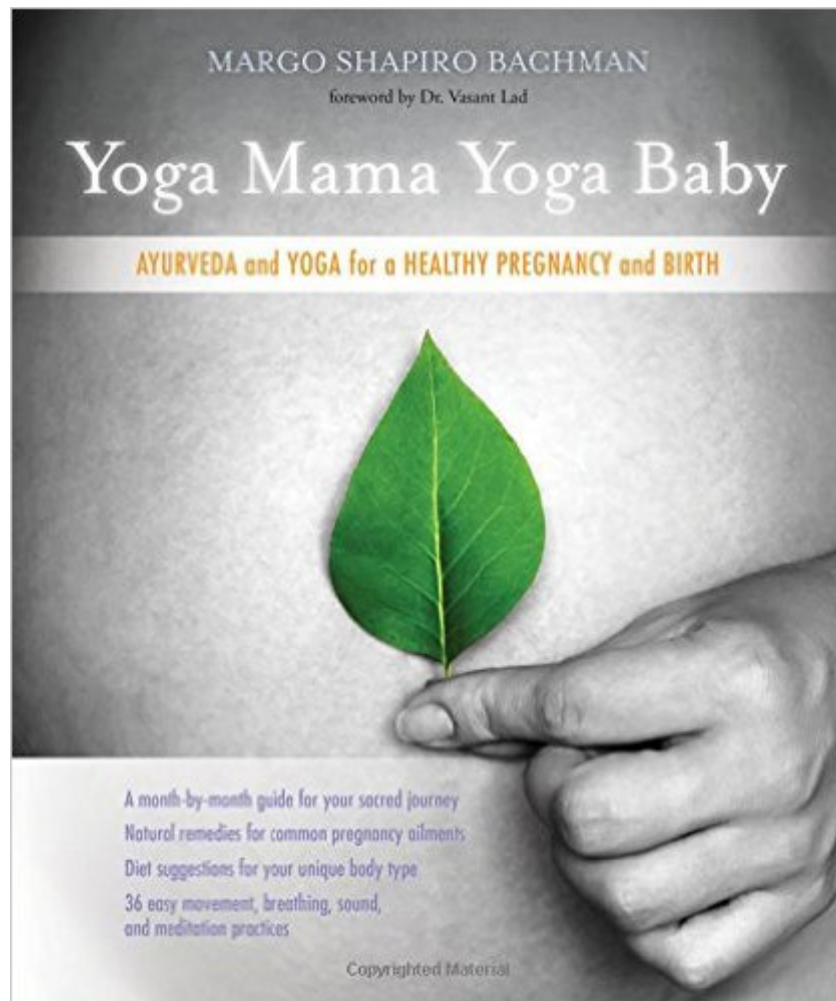


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# Yoga Mama, Yoga Baby: Ayurveda And Yoga For A Healthy Pregnancy And Birth



## 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

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## Customer Reviews

I'm unofficially studying Ayurveda until I can go to school for it, and I am now pregnant. I was looking for a book that would help me understand pregnancy in an Ayurvedic context, so I was very glad to find this one, especially since it has a forward by Dr. Vasant Lad, the gentleman whose

materials I'm devouring. With that being said, I was completely disappointed with this book. I've edited my original review to this one to be useful to others, and highlight the positives, even if I thought there were few (as I was too asleep this morning to have attempted it, but did anyways...).

**PROS:-** A westerner tackled this subject in this context, and for that she deserves some credit.- It's a simple introduction to Ayurveda and to pregnancy. There is a briefing of the 3 basic constitutions, and of the 3 trimesters.- There are suggested Yoga positions.- There is a list of herbs to avoid during pregnancy. I'm being very generous about the pros.

**CONS:-** Chances are, if you're pregnant, you'll want a way more in depth book than this one, and same if you're interested in Ayurveda. It is literally like the author took the two subjects and kept them totally separate, or like she just started to study either of them, and put what ever she found for free on the Internet into this book. It does NOT present pregnancy from an Ayurvedic viewpoint. There isn't even a mention of how, regarding anemia, Vata types tend to be the ones with iron deficiency, Pitta B12, and Kapha B6. I know she can't diagnose, and one certainly should look for an Ayurvedic doctor before making any conclusions too quickly, but still!- The list of herbs to avoid is a joke. It is literally a list of just the herbs.

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