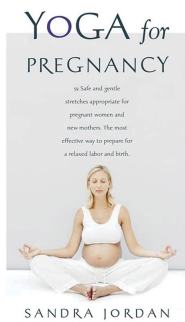


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## YOGA FOR PREGNANCY EBOOKS 2019



Author: Sandra Jordan

Release Date: Expected @@expectedReleaseDate@@

Sandra Jordan offers yoga as a way of developing self-reliance and calmness of mind during pregnancy. Practicing yoga poses with quiet mindfulness develops a strong, supple body and the ability to breathe deeply and relax completely. Yoga for Pregnancy provides ninety-two yoga poses carefully chosen for their safety and effectiveness during and after pregnancy. Each pose is explained concisely, illustrated with a photograph, and clearly marked with a code that tells which postures are advised for each trimester. This is a supportive guide to safe, gentle stretches that can help pregnancy women adjust to the physical and mental demands of labor, birth, and motherhood.

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