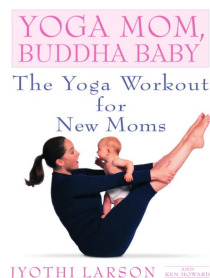


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## YOGA MOM BUDDHA BABY EBOOKS 2019



Author: Jyothi Larson u0026 Ken Howard

Realese Date: Expected @@expectedReleaseDate@@

u003cbu003eS-T-R-E-T-C-H, STRENGTHEN, AND MEDITATE—WITH YOUR BABYu003cbr /u003eu003cbr /u003eu003c/br>u003ePracticing yoga with your baby—as you hold your baby, have your baby next to you, or have your baby leaning against your thighs or atop your belly—is a wonderful way to add joy to your first year together. Popular yoga teacher Jyothi Larson shares the specially adapted yoga poses she has taught to hundreds of moms and their “Buddha babies,” her term for the happy and calm babies in her classes.u003cbr /u003eu003cbr /u003eWhether you are new to yoga or an experienced student, whatever shape you are in, you are in the perfect place to practice yoga. In this beautifully illustrated book with easy-to-follow instructions, Larson presents twenty routines that help you get back in shape faster as you bond with your baby. Included are: u003cbr /u003eu003cbr /u003e prenatal yoga, with a focus on the last trimesteru003cbr /u003eu003cbr /u003e what to do after birth through the first six weeks, with special poses for women who have had C-sectionsu003cbr /u003eu003cbr /u003e modified yoga poses that respect your changing post-pregnancy body and give all of yoga’s benefits—stretching, strengthening, and relaxing u003cbr /u003eu003cbr /u003e fun yoga moves that encourage your baby’s natural flexibility and growth u003cbr /u003eu003cbr /u003e breathing and relaxation exercises as well as partner posturesu003cbr /u003eand much more!u003cbr /u003eu003cbr /u003eExperience the joy of yoga while bonding with your baby.

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