

Step-by-step yoga for conception, pregnancy, birth and beyond :
strengthening sequences for each stage of pregnancy and early
motherhood, to help tone, align and relax your body, with more than
550 photographs

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Abstrak

Abstract:

Yoga is the perfect exercise for pregnant and post-birth mothers - and can also be helpful when trying to conceive. The expert author presents specially adapted poses, ideal for every stage and suitable for complete beginners and experienced yoga practitioners alike