

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

Barbira-Freedman, Francoise, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20461480&lokasi=lokal>

---

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