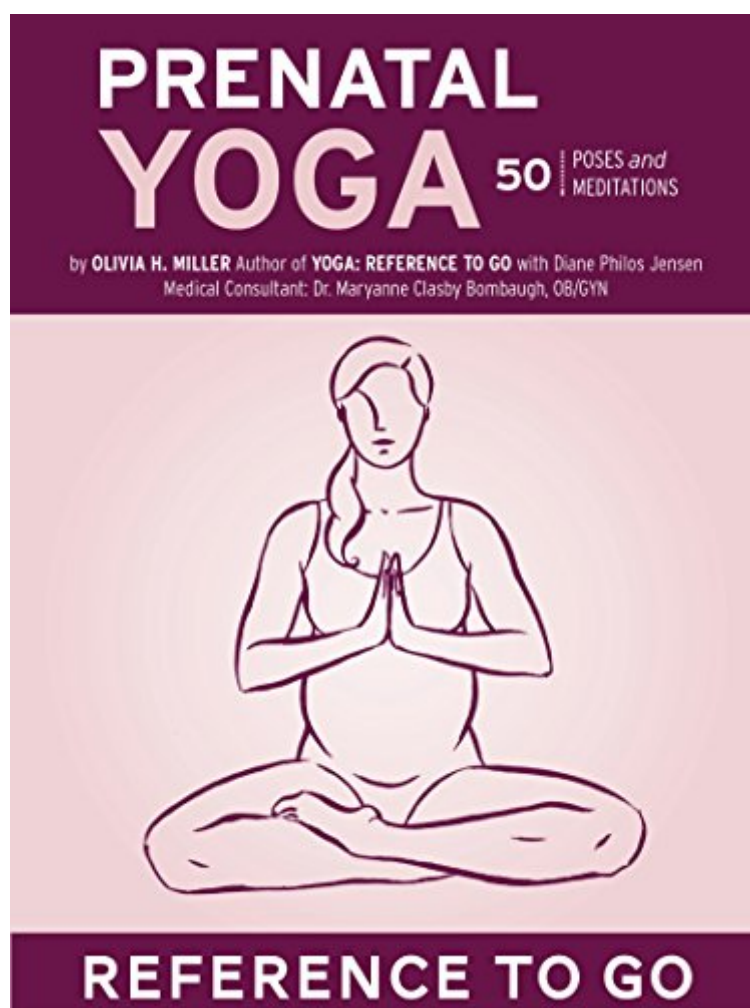


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# Prenatal Yoga: Reference To Go: 50 Poses And Meditations



## Synopsis

Yoga is an ideal way for expectant mothers to enhance overall health, cope with the physical demands of pregnancy, and prepare for labor and birth. The physician-approved Prenatal Yoga: Reference to Go makes exercise easy with 50 beautifully and precisely illustrated warm-ups, poses, and meditations. Suggested combinations and coding by trimester help create adaptable routines.

## Book Information

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## Customer Reviews

What drew me to this "book" was the unique deck-of-cards format. It is much easier to use than a full sized book. However, you also get much less information than a book, so I recommend using the Prenatal Yoga deck in conjunction with a good prenatal yoga book, or in addition to one's previous yoga experience. The Prenatal Yoga deck presents the information (poses, breathing, meditations) in a clear, simple way. The poses are quite gentle but effective, and the suggested routines are short, which I found perfect for before-work sessions in the morning. You can of course

create longer routines from the 25 or so poses included in the deck. I especially liked the suggested meditative phrase for each pose. The poses all indicate in which trimesters they are safe, and include modifications for later on in the pregnancy.

This deck was a true gift. I travel quite a bit with work and this compact box travels with me. You can do the routines they have clearly outlined for goals such as flexibility, relaxation or energy, etc. You can also mix them up and make a routine of your own. The pictures and directions are easy to follow. What a joy!

I love this deck! I am a certified childbirth educator and this prenatal yoga deck is one of my favorite resources for my classes. Almost every pose has specific pregnancy or labor/birth related benefits. I put together a series of 6-8 poses from the deck that I use as an opening exercise in my classes--people often learn better by actually *\*doing\** something and practicing the yoga poses together allows experiential practice of pelvic floor exercises, pelvic rocks, tailor sitting, optimal fetal positioning exercises, etc. instead of just me talking! Also, I emphasize to my students that birth happens in your BODY--we will spend a lot of time talking and sharing information, but birth doesn't happen in your mind, it happens in your body. People today spend much of their time "living in their heads" and many of us do not feel comfortable with, or at home in, our bodies. So, practicing the poses from this deck in class helps couples out of their heads and into their bodies and begins a process of feeling comfortable with moving and using their bodies in positive ways--I hope this helps develop a trust and confidence that will then contribute to a smooth and peaceful birth process. The deck also includes several nice, short meditations that serve as a nice closing exercise either for the whole class, or for the exercise portion of class. I forgot one more nice feature! Each pose has a positive birth affirmation that goes with it--I love these, because I feel like they help plant positive seeds of confidence and trust in the wisdom of women's bodies and of the beauty of birth. To conclude, I love this deck and I strongly recommend it for other childbirth educators!

I had never done yoga before trying this, and found this deck to be both simple to understand and very relaxing. You can choose the complexity and length of your workout with different combinations of cards (if you went straight through the whole deck it would take more than 2 hours). It's small enough to take with you even to the hospital, and the breathing and relaxation techniques are very helpful for preparing for labor. Of all the pregnancy exercises I have tried this is by far the most rewarding, and I intend to continue it even after I am no longer pregnant.

I loved this Yoga deck. The pictures and directions were easy to follow, and the cards are very well organized. It was easy to customize a routine based on my trimester, and how much free time I had. I can't say enough about the excellent poses. I was able to stay very flexible throughout my pregnancy, and I felt fantastic. Additionally, the meditation phrases helped me to stay positive and truly enjoy the miracle of pregnancy! I highly recommend this Yoga Deck; it had such a positive impact on my pregnancy. A must have.

The prenatal yoga deck is a real find. I had already owned several DVDs when I came across Miller's deck, but decided to purchase it anyway. I am glad I did. At about eight months, I could barely move and the deck enabled me to stretch at my own pace. Now that my baby has moved and I have more space, I still use the deck just about every night so I can continue my practice at my level. I highly recommend this product, and plan to purchase it for my friends who became pregnant in the future.

I loved this deck of cards. I was a serious yogi before pregnancy and I usually did Bikram or other very non pregnancy feeling styles. I found the prenatal yoga classes in my area to be a bit boring and expensive. This I could do at home, set my own pace, and music preferences and didn't have to worry about my shirt rolling up my belly or my pants falling down in front of everyone. Usually I practiced in pajama pants and a nursing bra. The deck was great because it had a few more advanced but modified poses included. I also loved the breathing and meditation additions. I was planning on a hypnobirth so it was a great addition to that practice as well. Doing the full squat pose (can't remember name) was something I did daily because it helped so much to relieve my hip and pelvic pain. I ended up having a natural hypnobirth and I give credit to my yoga as part of the reason.

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