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Birth Yoga Mother's Guide (Paperback)

By Donyale Abe

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Birth Yoga Mother's Guide is a reflection booklet that assists pregnant women in discovering their inner strength and power. This guidebook is used in Body Awareness Birth Yoga classes, but it can also be used for personal reflection without attending a class. Body Awareness Birth Yoga classes are transformative in helping women increase their confidence to give birth. Women who have taken Body Awareness Birth Yoga report the following outcomes: Decreases overall fear Decreases pregnancy discomforts Decreases labor pain Decreases need for medication Decreases cesarean birth Increases confidence Increases enjoyment of pregnancy Increases satisfaction with birth experience Increases bonding with baby Body Awareness Birth Yoga is created so women may start at any point during their pregnancy and continue participation until they give birth to their babies. I know my labor experience was manageable, because of the techniques I learned in birth yoga classes. Even my nurse was impressed by how in control I was during intense contractions. Those affirmations really work! Thank you so much, Tamika Teacher workshops available at.



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