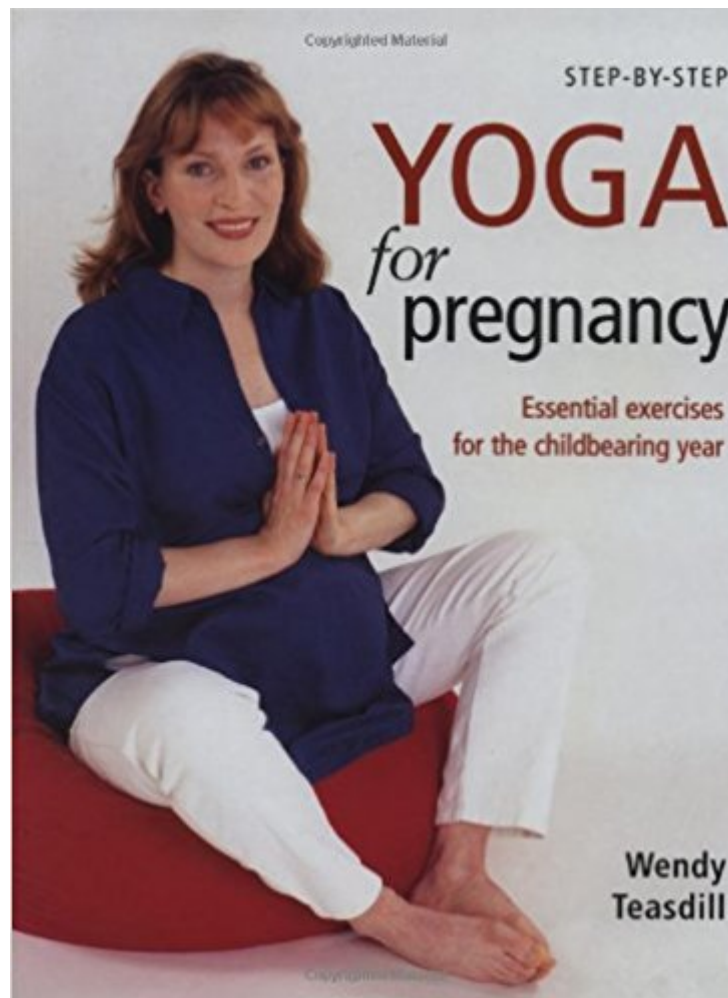




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Step-By-Step Yoga For Pregnancy : Essential Exercises For The Childbearing Year



Synopsis

Yoga calms the mind, bringing a sense of peace, relaxation, and well-being as well as optimizing physical health, agility, and strength. Step-by-Step Yoga for Pregnancy is an essential guide to the best exercises for each stage of pregnancy and the resources you need for a harmonious pregnancy, birth, and recovery. Step-by-Step Yoga for Pregnancy is: a beautifully illustrated yoga handbook for all three trimesters and the weeks following delivery the perfect resource for newcomers to yoga and invaluable for experienced students a complete collection of safe, carefully selected postures written in consultation with top yoga instructors, midwives, and doctors approved by leading pregnancy experts Wendy Teasdill is an experienced yoga teacher and the mother of three children. She began teaching yoga in Hong Kong, where she adapted her teaching to meet the needs of pregnant students. She lives in Glastonbury, England.

Book Information

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Customer Reviews

Wendy Teasdill is a well-known and widely respected instructor of Iyengar yoga who lives in London.

This book contains 143 pages packed with great information that flows very well and is easy to read and understand. It is written specifically for women from conception to beyond the first six weeks post-partum. Use of the personal pronoun 'you' throughout supports this. It is beautifully illustrated. In particular the extensive use of illustrations of the asanas (positions) provides excellent

support for the text. The book is divided into three parts. The first part provides a delightful introduction to well-being throughout pregnancy from a holistic yoga perspective, so topics included are body awareness and minor disorders in the first chapter titled "How yoga enhances pregnancy" and, in "Chapter Two Yoga in everyday life", yoga in everyday activities, for example how to bend and lift, sit and pick things up, the chakras and eating well are addressed. The three chapters in the second part detail yoga for each of the trimesters, progressively and are very extensive. In the chapter on the first trimester the author cautions against doing any active asanas and discusses the corpse pose, including restorative versions, breath awareness and a lovely 'Body of Light' baby and breathing visualisation (p.45). The pelvic floor, exercises and visualisations for this region are also described. Almost half the book's contents deal with yoga in the second trimester and many different sequences are described. I love the author's common sense approach, for example on page 50 she writes that although "the postures...have been arranged in sequences...they may be done at other times." She goes on to give several examples such as "if it is morning but you feel tired, do an evening programme." From experience I find that pregnant women try and follow everything 'to the letter', giving them the leeway to adapt their practice and explaining why is very important and empowering for them. Another excellent example of this common sense approach is given in relation to breathing, "If you are new to yoga... it is better to breathe normally than to try to remember exactly how and when you should be breathing with the movements." (p.50) As well as providing a written description and illustrations for asanas, Wendy also gives rationales for doing and cautions in relation to them when relevant, for example "The Cat...Caution: Do not allow the spine to sag in this position." (p.56) Her Salute to the Earth is a beautiful sequence which "acknowledges the nourishing and generous power of Mother Earth." (p.69) I love the author's natural language and revelation of her own groundedness "Do it outdoors and smell the earth; do it indoors and feel the security of your surrounding walls." (p.69) In this section I think that the pelvic lift illustrated on page 81 shows too much lordosis. I have a similar opinion regarding the reclining thunderbolt [Supta Virasana] where in the illustration the woman is supported by a beanbag and bolster and the lumbar lordosis appears exaggerated. This brings home the fact that when illustrating one needs to be very precise. In the third trimester chapter the author says that asanas described for the second trimester can be continued if comfortable and modifications will be required, for example "widening your legs... and using support when you can...Avoid standing for long periods of time." (p.112) Some lovely visualisations and meditations are included in this chapter. Part three is relatively succinct and deals with labour, childbirth, the puerperium and after this. An explanation of "creating the place of birth", support people, the stages of labour and (yoga) positions and visualisations are provided.

The final chapter deals with "Life after birth" and talks about being gentle with yourself. "You need to recover your strength, and savour the precious early days with your baby that will never come again." (p.133) In the yoga post-partum section the author gives excellent information in relation to body awareness - shoulders, pelvic floor, abdominal muscles, circulation and so on and provides detail about closing the pelvis joints "Sit in a kneeling position rather than cross-legged and focus on closing exercises such as the Cow-head pose.. and the Thunderbolt. (p.134) On page 137 a blue coloured section provides specific cautions which are excellent. There is an extensive index and a page "Further reading and useful addresses" immediately precedes this. Overall I would highly recommend this book to pregnant women and anyone involved in women's health. I advise readers to be mindful of the areas I have detailed where there appears to be excessive lordosis.

A good book for a more gentle approach to Yoga for pregnancy or if you are in your late 2nd or 3rd trimester. Great cues to strengthen your pelvis and create good structure in your pelvic girdle and spine.

Great and inspiring even for a pregnant yoga teacher who has seen already a lot of pregnant yoga books! I like the sweet drawings of each posture and the book is easily to flick through.

I have a copy this copy was for my niece. I plan to continue to recommend this book I use it all the time

Book is informative and gives a quick guide, makes a good reference book for teachers and students alike. I would recommend this book highly.

One of the best Yoga books for learning/teaching not only pregnancy yoga but a safe yoga class. Glad I was able to get a copy since out of print.

I used this book throughout my pregnancy and it really helped! It relived my backaches, kept me calm, and I was all stretched out for labor. Loved it!

As a prenatal yoga instructor, I find this book to be very user-friendly, full of photos and illustrations, some original stuff that you won't find in every book on yoga for pregnancy. It contains not only programs suitable for the three trimesters, but also yogic breathing practices, simple ways to

incorporate kegels, pelvic floor visualizations, a guided relaxation, very basic info on the chakras, nutritional information, tips for relieving backache and performing daily activities with optimal alignment. The Teasdill book is very pleasing to the eye, enjoyable and easy to read. I just love the "Salute to the earth - growing into gravity" series of poses. This series alone contains some positions useful during labor and delivery as well as in preparation for the big day. There is also a page of positions specifically useful for labor. There are other visualizations and meditation techniques suggested for use leading up to and during the birthing process, general info on the stages of labor and reminders of what may serve you during each stage. There is also a chapter on life after birth which includes yoga postures for recovery as well as general info on breastfeeding, nutrition, what to expect emotionally. This book does include a bit of yoga philosophy. The last lines of the book state, "Yoga is not just a system of stretching and meditation: yoga is awareness, yoga is living in the present, yoga is union, synthesis and integrity. Yoga is life." Preparing for birth requires more than just physical preparation. A lot of birthing is mental, being able to stay present for each contraction and rest between rather than creating more tension and pain in the body in anticipation of what may come, "complaining mind." The mindfulness and awareness of body and mind that come from the meditative aspects of performing the poses or sitting in meditation are valuable beyond the physical preparation. If natural birth interests you, you might want to check out Ina May Gaskin's Guide to Natural Childbirth. Another good book on prenatal yoga is Janet Balaskas' Preparing for Birth with Yoga. Wendy Teasdill's book has a more informal, conversational feel to it than the Balaskas book, if that is of interest. Makes is very easy and fun to read!

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