



# Yoga: For Easier Pregnancy and Natural Child Birth

*Anjali Devi Anan, Ananda Sri*

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**Yoga: For Easier Pregnancy and Natural Child Birth** Anjali Devi Anan, Ananda Sri

This is a complete self-help book for parents, specially for mothers-to-be, and covers both practical and emotional aspects of conception, pregnancy and childbirth. Resulting from a unique partnership of a husband-wife team of Yoga experts, it shows mothers how to maintain perfect health during pregnancy and how to prepare for a natural birth - free of all anxiety and emotional stress. The authors follow-up with their detailed 3-part course of yogic & breathing exercises for women - before, during and after pregnancy.

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