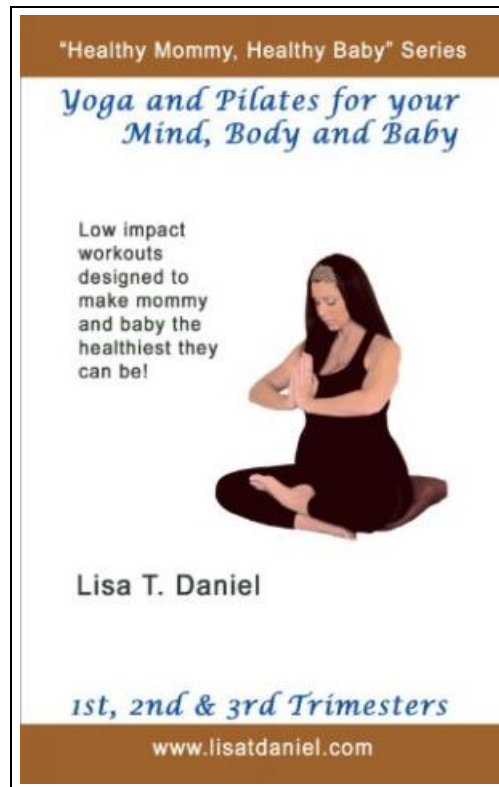


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AuthorHouse. Paperback. Condition: New. 80 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Expectant mothers need to workout! It benefits not only you, but the new life you're about to bring into the world. That's why Yoga and Pilates for your Mind, Body and Baby was written - to give mummies-to-be a safe, easy and effective workout program. Author Lisa T. Daniel is a Certified Yoga and Pilates instructor, and when she became pregnant with her first child, she knew she needed to develop a low-impact series of exercises to stay in shape, and Yoga and Pilates for your Mind, Body and Baby was the result. First, second and third trimesters are covered in complete detail along with pictures to illustrate how to do each routine correctly and safely. Also included are helpful tips on the foods you should be eating (and not eating) how to prepare for exercising, and great tips on how to properly meditate, relaxing you and helping you bond with your baby. At over seventy pages, this workout program takes you from start to finish in your goal towards being a healthier, happier mommy, and does so with methods proven by Lisa herself. If you're pregnant, or know someone who is, Yoga and Pilates for your Mind, Body and Baby is an essential part of the preparation for motherhood. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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