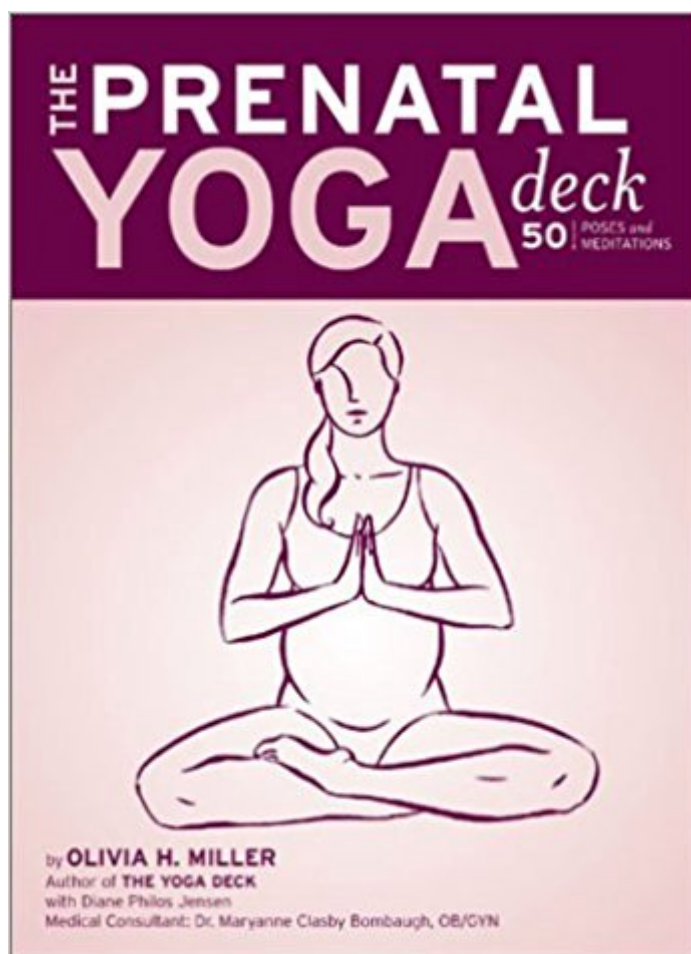


The book was found

The Prenatal Yoga Deck: 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 Deck 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

Cards

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Customer Reviews

Diane Philos Jensen , a Certified Childbirth Educator, has worked as a traditional labor attendant and prenatal yoga instructor for 12 years. She incorporated prenatal yoga into her classes after experiencing the benefits of yoga during the pregnancies and Nicole Kaufman is a freelance illustrator whose work has appeared in several publications and books. She lives with her family in Sonoma County's beautiful wine country. Olivia H. Miller is a freelance writer and has been a student of yoga for twenty-five years. She lives on Cape Cod in Massachusetts.

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.

This deck is great to take around with you, and especially to regular yoga classes where they might do some poses that you need to avoid while pregnant. Just take out a card and do one of those instead! I did notice however that they left out a lot pre-natal yoga poses that I know you can do safely and have seen on prenatal yoga DVD's. Wish that had more variety to add to the deck.

I own the Yoga Deck and Yoga Deck II and love them both! For my pregnancy, I wanted to make sure I am doing safe poses, and modifying them as necessary for pregnancy. Only about half of the cards (if that many) are actually poses. I was disappointed by this- the rest of the cards are meditations and breathing techniques which are handy, but I was hoping for more pose options. Most of the poses in the cards are very simple- excellent for a beginner but I feel like they do not help an intermediate person as much, except that what's in here I assume are all safe for pregnancy. The cards do offer modification tips for different stages of pregnancy, which I appreciate! Also the mantras listed with each pose are all pregnancy related. Overall these cards are helpful and I'm glad I purchased them.

I think you are hard-pressed to call this a yoga deck. It is more like variety of stretches. I actually have some yoga experience, but most of these poses were unfamiliar. When I started out I ended up pulling a muscle because it is hard to tell if you are doing the stretches correctly because it is not a video. I imagined that it would contain different poses or variations for the different trimesters, but really almost all of the poses can be done during all the trimesters. I got this early on in my pregnancy and, as I said, pulled a muscle with it and then quit altogether. I am actually quite regretful I purchased this because I think, had gotten an actual video, I probably would have used it regularly as I do enjoy yoga and did use yoga videos fairly consistently before pregnancy. I would say stay away from this deck.

I have this on my Kindle, which is perfect because you can flip through and do poses you like, or remember, or for different targets (this morning I woke up with a sore lower back, and I was able to do some poses to help with that). There are so many prenatal books out there, it's hard to keep

track of them or carry them around -- but I have this wherever I go! It also has good explanations for different poses, and some inspiration, so you get everything in one.

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 have tried several exercise programs with this pregnancy, but with this deck of cards I feel a lot more comfortable and I sleep a lot better. In fact if I skip a day then I feel like junk and I have cramping and soreness and cannot sleep at night. My husband even scolds me when I whine about soreness, because even he knows I skipped my yoga. (Best part about it, not looking like a total clutz at a Mommy to Be Yoga class!)

Great resource for expecting mothers. I'd just would pick out the poses and lay them out and do the sequence. Very helpful in those days. I did yoga every day while pregnant.

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