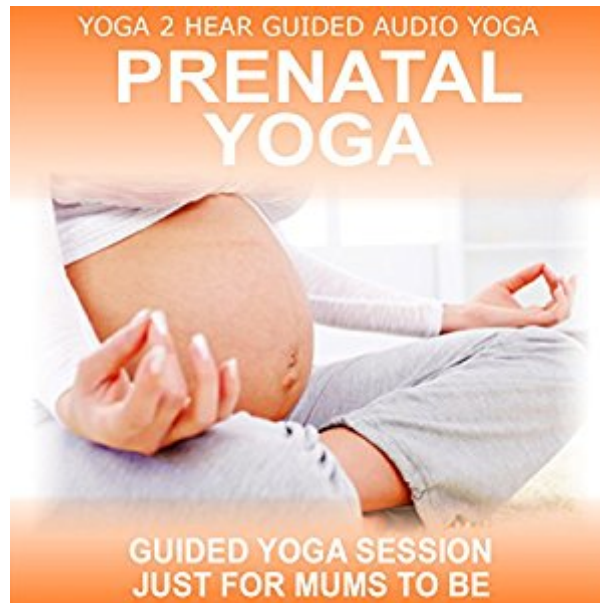




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Pre-natal Yoga: Yoga Class And Guide Book.



Synopsis

Here's a safe, effective, and supportive Hatha yoga class suitable for use during pregnancy. This class uses easy-to-follow instructions and is designed to encourage and enhance a healthy pregnancy, promote deep relaxation, and help strengthen the bond between mother and baby. The class has been created by Sue Fuller, a leading yoga professional and author of the British School Yoga's, Yoga for a Healthy Pregnancy Course and Pre and Post Natal Yoga Teacher Training Course. The class instructions are mixed with a relaxing background music track that sets a mood perfect for yoga. A printable PDF guide book highlights the easy-to-follow instructions and gives a series of reference photos for each yoga posture. Yoga2hear classes are practical and effective; they give you the freedom to enjoy high quality yoga instruction whenever and wherever you choose. Having your yoga class in audio format encourages you to focus 100% on the easy-to-follow instructions. This class can be used again and again; in order to achieve maximum benefits we recommend you practice this class frequently.

Book Information

Audible Audio Edition

Listening Length: 46 minutes

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