



Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth

Margo Shapiro Bachman M.D.

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Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Margo Shapiro Bachman M.D.

Pregnancy is an extraordinary time of transformation and a profound rite of passage that requires special care and guidance. The complementary tools and practices of Ayurveda and yoga have been used together for thousands of years to support a healthy body, balanced mind, and higher consciousness. With *Yoga Mama, Yoga Baby*, Margo Shapiro Bachman brings readers the first book to show how these "sister sciences" can support the miraculous journey of pregnancy. This thoroughly detailed guidebook shares practical and easy-to-apply teachings and information to help women experience pregnancy with radiant health and abundant joy, including:

- The basics of Ayurveda, yoga, diet, and lifestyle—cornerstone principles, basic terms and concepts, essential self-assessments, and more
- Month-by-month exercises and practices, including meditation, mantra, breathwork, asana, journaling, and massage
- Practical tips to encourage natural labor and delivery
- Guidance on staying healthy and happy in the precious first postpartum weeks with baby

For women everywhere, *Yoga Mama, Yoga Baby* is an indispensable resource for treasuring every moment of pregnancy and blessing the mother and child with health, happiness, consciousness, and love.

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