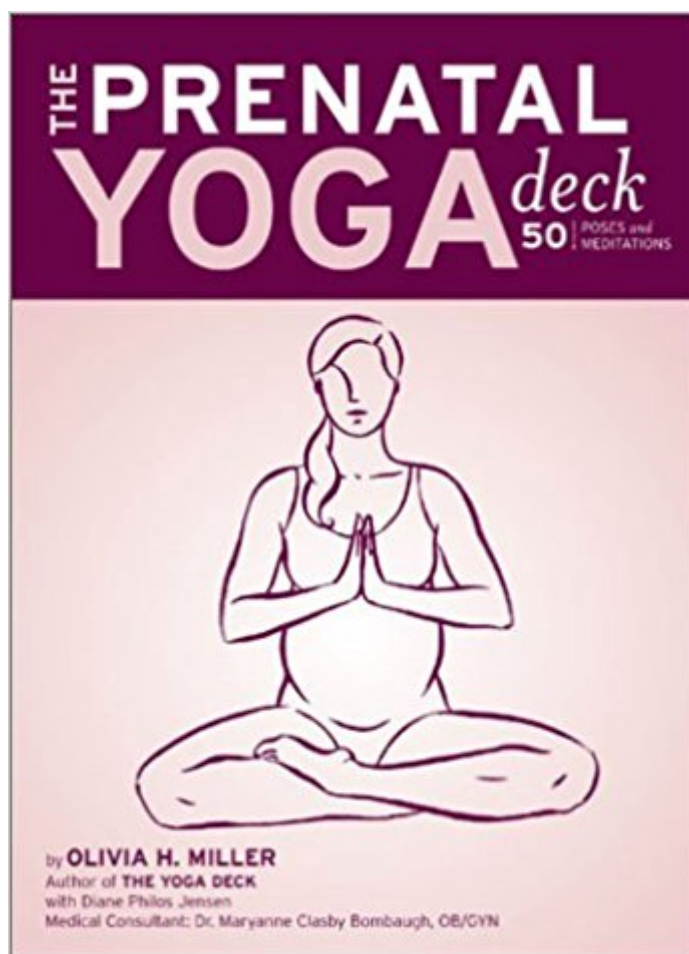


The book was found

# 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

Publisher: Chronicle Books (March 1, 2003)

Language: English

ISBN-10: 0811836525

ISBN-13: 978-0811836524

Product Dimensions: 4.1 x 1.3 x 5.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 3.9 out of 5 stars 25 customer reviews

Best Sellers Rank: #512,876 in Books (See Top 100 in Books) #42 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #831 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #1230 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## 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.

[Download to continue reading...](#)

The Prenatal Yoga Deck: 50 Poses and Meditations Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Yoga Mama: The Practitioner's Guide to Prenatal Yoga The Kids' Yoga Deck: 50 Poses and Games Yoga For Pregnancy: Poses,

Meditations, and Inspiration for Expectant and New Mothers Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses Yoga for Beginners With Over 100 Yoga Poses (Boxed Set): Helps with Weight Loss, Meditation, Mindfulness and Chakras Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength Yoga: For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves (Yoga for Stress Relief, Anxiety, Sleep & Weight Loss) Boudoir and Glamour Photography - 1000 Poses for Models and Photographers: Boudoir, glamour and lingerie photography poses with instructions on techniques ... \* Master Pro Secrets Quick & Easy Book 9) The Complete Book of Poses for Artists: A comprehensive photographic and illustrated reference book for learning to draw more than 500 poses How to Draw Action Figures: Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures) 47 Must Have Pre Wedding Poses: Couple Poses Inspired By Bollywood Movies

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)