



# Yoga For Pregnancy: Poses, Meditations, and Inspiration for Expectant and New Mothers

*Leslie Lekos, Megan Westgate*

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The physical, emotional, and spiritual benefits of yoga are invaluable during the profound journey of pregnancy. From increased strength and balance to a deeper feeling of connection with the life growing inside you, prenatal yoga will help you feel your best during this sacred time.

*Yoga for Pregnancy* offers detailed, precise instruction for over a hundred yoga poses to support you during pregnancy, labor, and postpartum. Accompanying sequences focus on a range of applications, from quick daily practices to poses for common pregnancy ailments. Woven throughout the book, you'll find resources to help prepare you for an empowered labor. Filled with modifications, tips, and abundant illustrations, this is an indispensable text for both beginners and advanced practitioners alike.

Going beyond physical posture practice, *Yoga for Pregnancy* also includes guidance on meditation, visualization, devotional chanting, nutrition, herbal remedies, and other tools to inspire and nourish you and your baby.

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