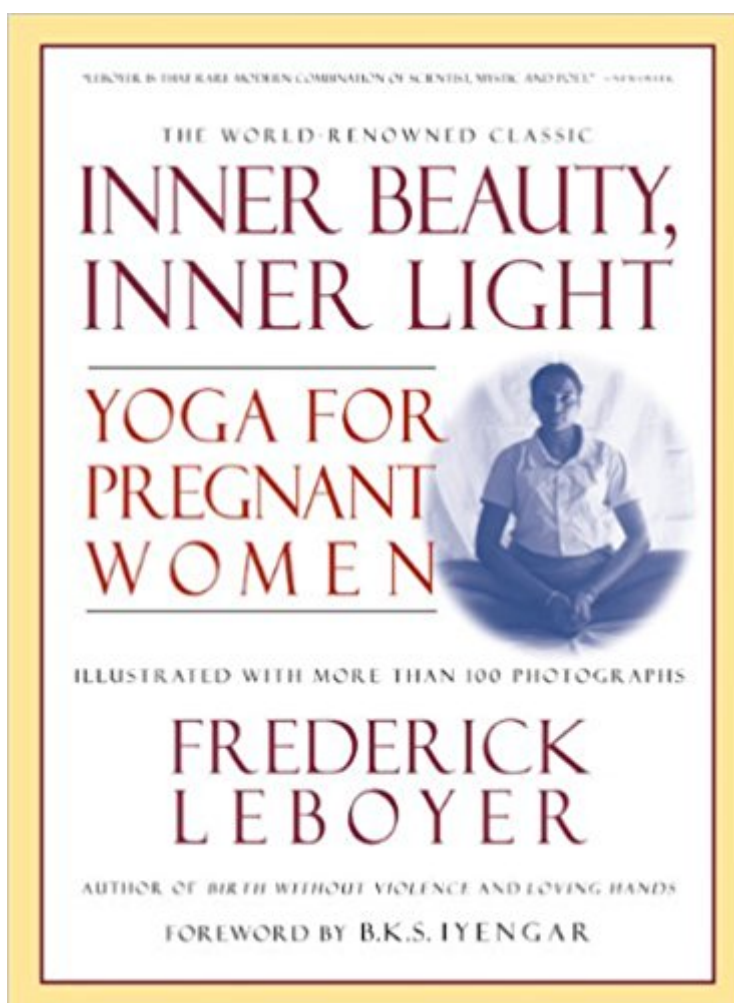


The book was found

Inner Beauty, Inner Light: Yoga For Pregnant Women



Synopsis

In matchless prose and stunning photographs, the importance and beauty of yoga for pregnant women. Back in print and newly designed, here is the classic text on yoga for expectant mothers by the renowned obstetrician Dr. Frederick Leboyer, illustrated with his own photographs. Leboyer shows how woman can use yoga to move toward healthy and joyous childbearing, and how the health benefits will far outlast the birthing process, for both mother and child. A young Indian woman, Vanita, the daughter of yoga master B.K.S. Iyengar, who provided this book's introduction, is seen in her daily practice a few short days before giving birth, as Inner Beauty, Inner Light explains the breathing techniques and postures all expectant mothers can use to acquire harmony, elegance, grace, and precision. Moreover, Leboyer explores the inner meaning of yoga for both the inner woman and the child within.

Book Information

Paperback: 256 pages

Publisher: William Morrow Paperbacks (June 9, 1999)

Language: English

ISBN-10: 1557043159

ISBN-13: 978-1557043153

Product Dimensions: 8 x 0.6 x 10.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 5 customer reviews

Best Sellers Rank: #945,789 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #1426 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #2065 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

[A] poetic approach to pregnancy and childbirth. Yoga here gives freedom through discipline, helps a mother deliver a robust and healthy child, and serves as the golden key to unlock the fear regarding the known and hidden pains of childbirth. -- Kirkus Review

Frederick Leboyer, M.D., was the first physician to challenge Western society's deeply held beliefs about awareness in the newborn. His pioneering work on birthing, including Birth Without Violence and Loving Hands, have forever revolutionized the course of prenatal care and the way babies

are introduced to the world. He lives in London.

this is what America has been waiting for - and for too long! Famous living legend and Master Yvengar's own daughter doing (Sacred) Hatha Yoga at 9 months... Everything - in classic Frederick Leboyer's style - from the impressing plasticity of photographed postures (ashtangas) to the magnificent text/commentary, it will revolutionize again, everything we thought we knew about childbirth - only this time "the before childbirth time". Frederick has disappeared from my "radar" but wherever you are - dear friend and mentor and Maestro - thank you in the name of all mothers and their children, that by trusting your wisdom and the love you express in every book, in every page, in every word you chose, have found THE ANSWER

Wonderful book

...not so much for how to actually do it. The photos and the prose are lovely and very inspiring, but if you're looking for a prenatal yoga book to build your at-home practice, this won't really help.

The Yoga in this book is not accessible to all, but just looking at the pictures and reading the text is enough to transport you to a whole new realm, a peaceful, calming, happy place where pregnancy and birth are no longer a burden or a physical challenge, but a beautiful natural state to be celebrated and embraced, that you can tame and enjoy. Leboyer was not only the leading ob-gyn when it comes to natural childbirth, but also a man who understood and loved Women, their needs and their abilities while pregnant. This book was made while working with Vanita Iyengar, the beautiful daughter of the famous Yoga Guru, and the pictures are out of this world. The Poetry is so inspiring and calming, it works almost like hypnosis...

The photography and poetry/prose in this book is phenomenal! However, if you are looking for a quality, practical book in yoga during pregnancy this isn't it. There are no descriptions nor illustrations of specific poses. It would be very difficult for someone with limited or no experience with yoga to pick up this book and find it useful. For a more practical book on yoga during pregnancy I would recommend Yoga for Pregnancy : Safe and Gentle Stretches by Sandra Jordan.

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

Inner Beauty, Inner Light: Yoga for Pregnant Women
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 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: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Getting Pregnant While Breastfeeding: Breastfeeding While Pregnant Pregnant & Lush: Sam (Pregnant & Lush Book 1) Beauty Shop Politics: African American Women's Activism in the Beauty Industry (Women in American History) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) 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) 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) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) The Inner Tradition of Yoga: A Guide to Yoga Philosophy for the Contemporary Practitioner Inner Peace - Adult Coloring Books: Beautiful Images Promoting Mindfulness, Wellness, And Inner Harmony (Yoga and Hindu Inspired Drawings included)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)