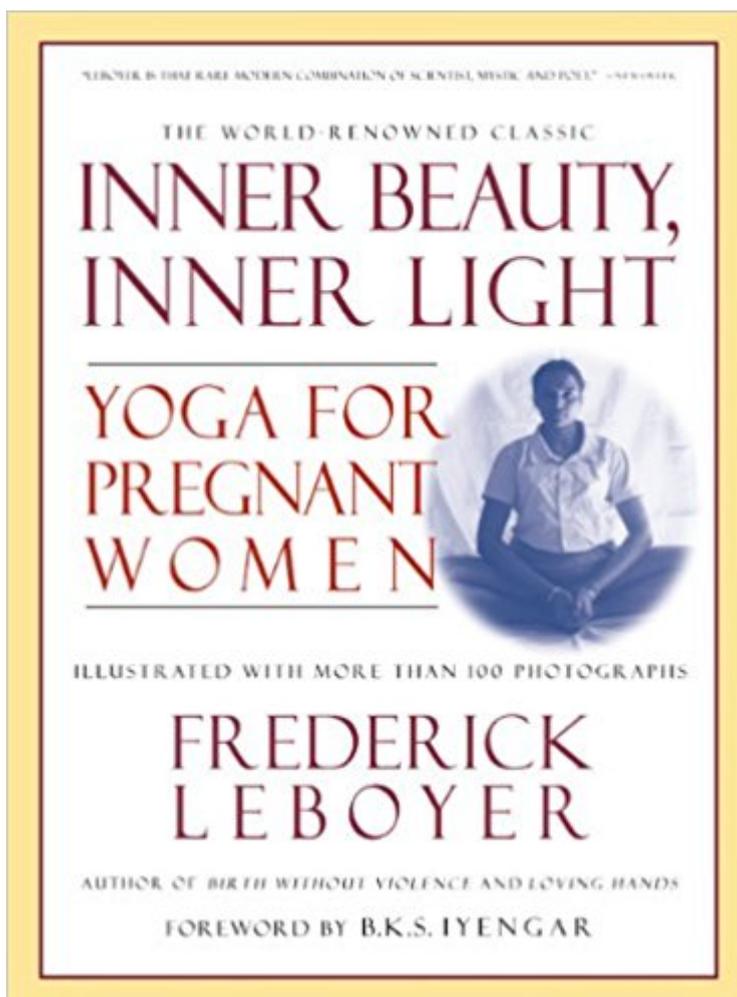


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# Inner Beauty, Inner Light: Yoga For Pregnant Women



## 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

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## 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 impressive 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.

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