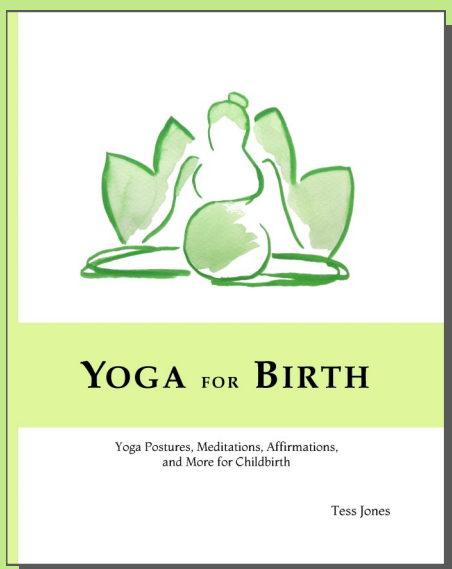


**“A beautiful combination that has been missing on the pregnancy shelves in bookstores.”**

*-Ali Hope Tromblay, LM, CPM, Birth Center Owner, and Bastyr Faculty*



## YOGA FOR BIRTH

ISBN 978-0991537204

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ILLUSTRATIONS AND PHOTOGRAPHS: 48

PUBLICATION DATE: 2014

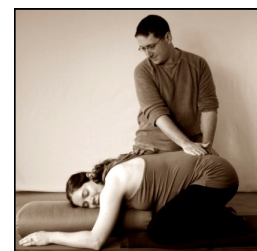
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### Yoga for Birth Book Description

Ease your way into birth using yoga. Whether you plan to labor alone or with a birth partner, this book offers practical yoga and philosophy for pregnancy, labor, and beyond. *Yoga for Birth* contains fully-photographed yoga poses with step-by-step instructions, journal exercises for self-discovery, meditation and breathing techniques, affirmations, true birth stories, yoga practice routines, and more.

- Learn yoga positions (with or without a birth partner)
- Unlock the power of meditation and breathing techniques
- Create your own custom affirmations
- Improve your self-knowledge with journal exercises
- Read inspiring birth stories from other mothers
- Make life easier with tear-out birth planners
- Prepare for labor with thirty- and sixty-five minute practice routines



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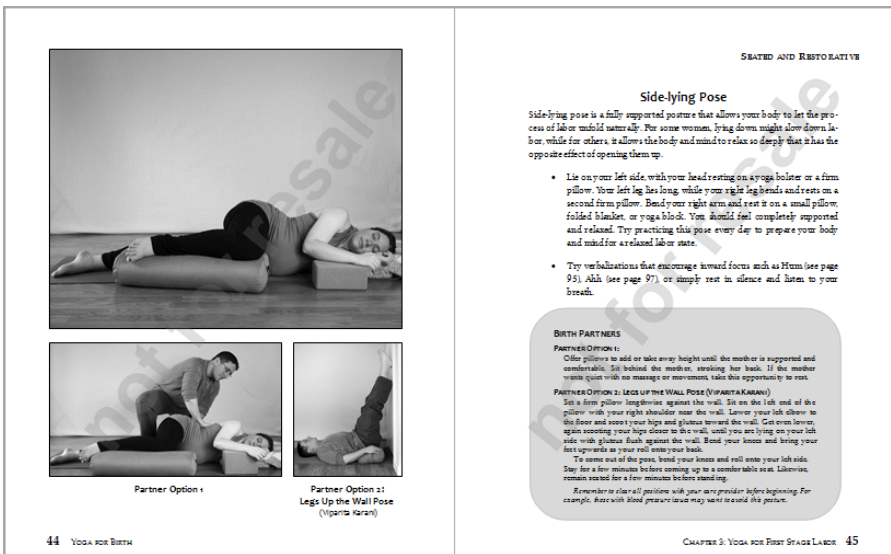
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## What Makes This Book Different

Where most prenatal yoga books focus on pregnancy, *Yoga for Birth* uniquely focuses on birth itself. The book begins with an overview of the three stages of labor. It then moves into chapters detailing yoga poses and other techniques to practice before birth. Each yoga pose is featured with photographs depicting the pose as well as step by step instructions. The poses are broken into four sections: hands and knees, seated, standing, and restorative poses. Birth partners are also shown in many poses.

Example Page from Chapter 3: Yoga for First Stage Labor



**“I am so excited to finally have access to a book that specifically addresses yoga for birth.”**

*-Anne Phyfe Palmer,  
Registered Prenatal Yoga  
Teacher and Owner of  
8 Limbs Yoga Centers*

The following chapters offer birth meditations mothers can use, affirmations (short written sayings to use for labor), verbalizations, and breath work. These chapters offer ways of using mind and breath before, during, and after labor. All techniques are easy enough for beginners, while offering reminders and inspiration for even the most experienced yogini.

Throughout the book, the inclusion of journal topics with blank space for writing elevates the book from reading material into personal journey. Journal pages give mothers a chance to reflect on what they are learning, find things already present in their life, and set goals for success.

All of these “yoga for birth” practices make up the first one hundred pages of the book. The second half of the book is dedicated to other topics. Those interested deeply in yoga will appreciate the section on yoga philosophy for birth and parenting, while all expectant mothers will benefit from the chapter of real, inspiring stories from women who have given birth. Inclusion of these actual birth stories provides a deep and personal window into the birth experience, giving pregnant mothers confidence by

reading stories of women who have been through it. Following the birth stories, a short section on post-baby life gives some tips for what to do after baby is born.

The end of the book offers practical resources for planning and putting the things in the book into action. Four practice routines are offered that include yoga poses and other techniques featured in the book. The practice routines are offered in varying lengths (thirty, thirty-five, forty-five, and sixty-five minutes). Also offered are useful tear-out planners, an index of all poses in the book, and a list of resources.