

Yoga for Pregnancy



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YOGA

for

PREGNANCY

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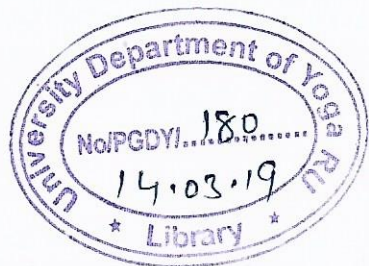


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ABOUT THE FIRST AUTHOR



Dr Shamanthakamani Narendran is one of the eminent pediatricians of Bangalore. She broadcasts regular programmes on All India Radio and Dooradarshan.

She recently got her Master's Degree in Kannada and also in Philosophy, through correspondence course. She is now doing her Ph D in yoga and allied sciences from VYASA affiliated to Bangalore University. She has travelled widely: She takes active part in rural health projects and other community services. She is a Rotarian and a Paul Harris Fellow. She has published two books on child care (in Kannada Language).

She is a recipient of several awards. Has served as president of Bangalore Pediatric Society, Association of Women Doctors of Karnataka, and Kannada Vaidya Sahithya Parishat. She is at present doing extensive research study on efficacy of "Yoga in Pregnant Women".

About the Book

This book provides useful guidelines for pregnant women who wish to practise yoga to have an easy delivery. Here is a complete description of asanas, regulated breathing (Pranayama) and relaxation techniques profusely illustrated, which they can do throughout pregnancy up till delivery. It also gives information about the physiological changes that take place in the mother. There are some interesting puranic stories also. The key message here is that yoga can be practised safely by pregnant women.

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