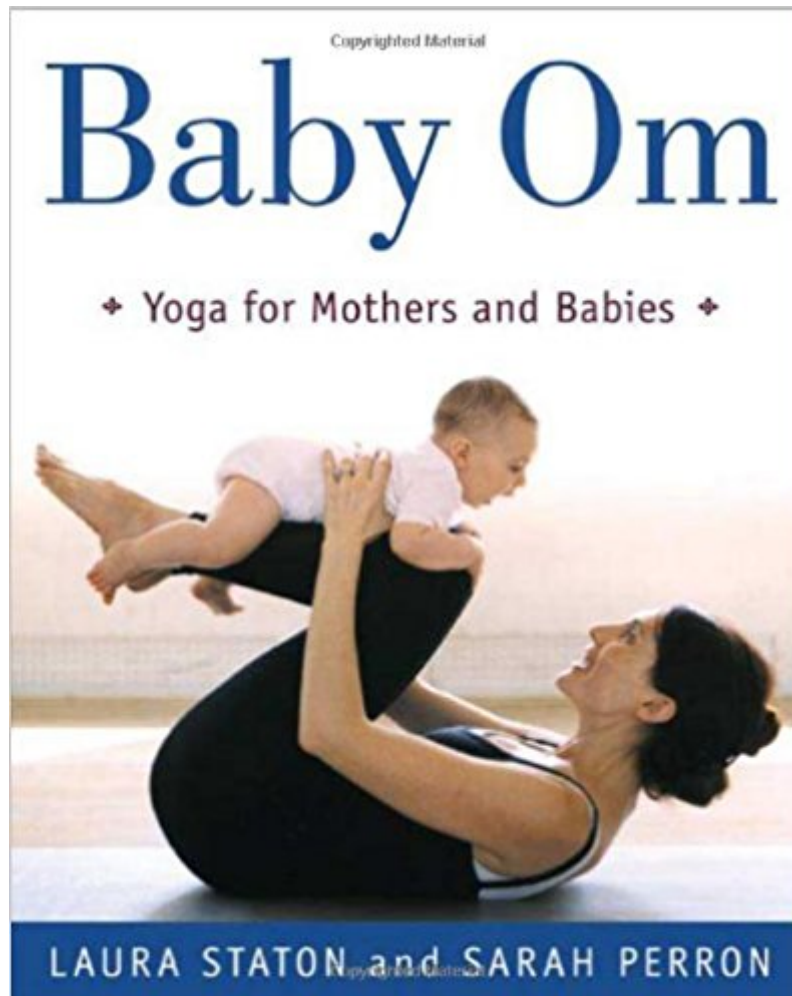




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Baby Om: Yoga For Mothers And Babies



Synopsis

A dynamic yoga program for new mothers and their babies How does a new mother get back her shape without giving up precious time with her baby? In *Baby Om*, authors Laura Staton and Sarah Perron -- both dancers, yoga instructors, and moms themselves -- answer the new mother's need for a calming and rigorous way to align and strengthen her body while having fun with her baby. Based on their popular New York classes of the same name, *Baby Om* takes mothers through a yoga practice they can do with their infants -- anytime and anywhere. The techniques help new mothers enjoy the spiritual and physical benefits of yoga, allowing them to nurture themselves as well as their babies. This easy-to-use book includes:--Baby Om basics -- the practical information you need to get started--baby engagement -- how to play with and stimulate your baby during yoga--four step-by-step Baby Om classes -- each concentrating on a unique stage in your child's development The beautiful illustrations and photographs in *Baby Om* capture the intimate sharing between mother and child, and create a visual model for how to achieve the poses at home. Safe, effective, and easy to learn, *Baby Om* brings mother and baby together, ensuring the health and happiness of both.

Book Information

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Customer Reviews

Laura Staton, co-founder of Baby Om, is a professional dancer and fitness trainer who has been doing yoga since she was a teenager. She lives in Brooklyn, New York, with her husband and two children. Sarah Perron, co-founder of Baby Om, has been practicing yoga since she was eight years

old. She is a professional dancer and has been a private fitness teacher and yoga instructor. She lives in New York with her husband and daughter.

I love that this is a yoga book for me that incorporates the baby. I love the Itsy Bitsy Yoga books as well, but those are more fire baby that incorporates mom. I'm really enjoying it so far.

This book was well written, but I feel like most of the poses were self explanatory and you could easily figure them out if you have some kind of yoga practice already

The book gives good yoga poses for moms, and I like the suggestions for things you can do with your baby. My boy really likes it! I wish the book were spiral-bound so that it would lay flat on the floor next to me, and I wish the page layouts were tuned a little better to the progression of poses - very minor complaints, especially once you've done the classes a few times and get the routine down.

Fast delivery great book

Fantastic book, the best one I have found on mum and baby yoga, it is suitable for yoga teachers and mothers. Has heaps of good illustrations and information, great to have a book from Australia.

Daughter n law loves this book.

i get to actually do yoga with my high-energy baby, not just putting him on the floor. creative and fun.

I love this book! It's easy to read and follow. My daughter is 5 1/2 months old and we've been doing Baby Om since she was almost 4 months old.

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