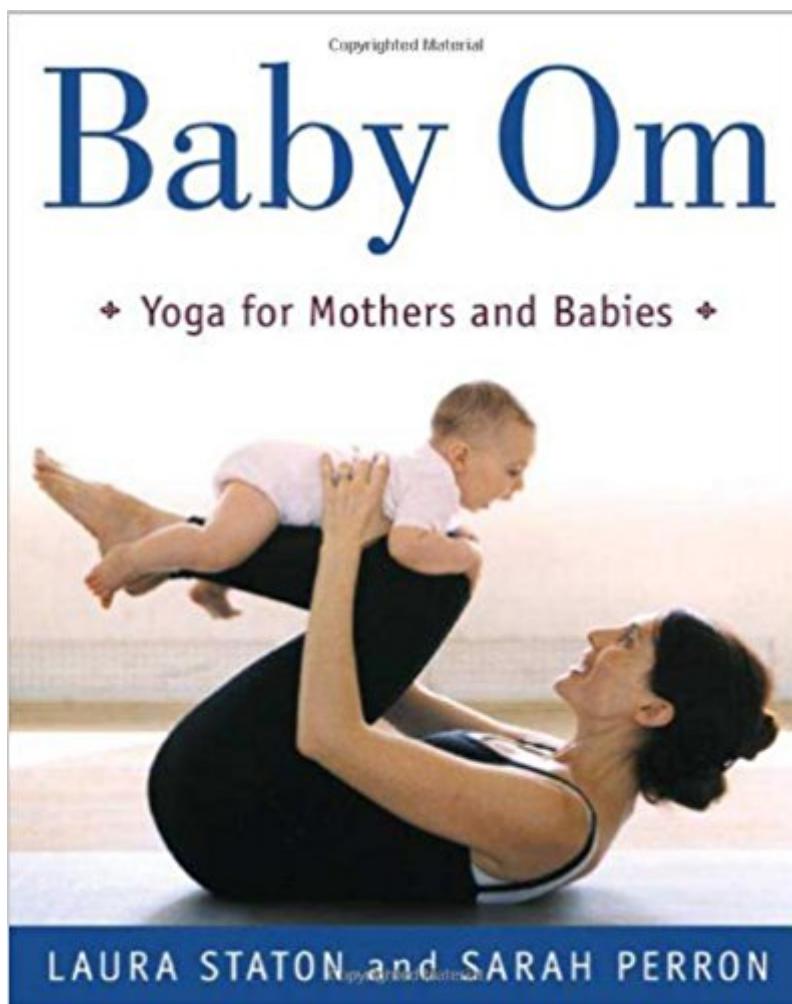


The book was found

Baby Om: Yoga For Mothers And Babies



Synopsis

A dynamic yoga program for new mothers and their babiesHow 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 developmentThe 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

Paperback: 272 pages

Publisher: Holt Paperbacks; 1st edition (August 13, 2002)

Language: English

ISBN-10: 0805068392

ISBN-13: 978-0805068399

Product Dimensions: 7.4 x 0.7 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 27 customer reviews

Best Sellers Rank: #265,026 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #676 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #708 in Books > Parenting & Relationships > Parenting > Early Childhood

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 for 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.

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

Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Difficult Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship) 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) Baby Om: Yoga for Mothers and Babies Baby Names: Baby Names List with 22,000+ Baby Names for Girls, Baby Names for Boys & Most Popular Baby Names 2017 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) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth KNITTED RAGLAN CARDIGAN SWEATER for BABY/TODDLER - VINTAGE KNITTING PATTERN (ePattern) - Instant Download Kindle Ebook - AVAILABLE FOR DOWNLOAD to Kindle ... babies, baby clothes, baby patterns) Buzz, Splash, Zoom, Roar!: 4-book Karen Katz Lift-the-Flap Gift Set: Buzz, Buzz, Baby!; Splish, Splash, Baby!; Zoom, Zoom, Baby!; Roar, Roar, Baby! Baby log book for twins: My Baby's Health Record Keeper, Baby's Eat, Sleep & Poop Journal, Log Book, Activities baby for twins (Volume 3) I Love You Mom! Floral and Gardening Coloring Book for All Ages: Mother's Day Gifts in all Departments; Mothers Day Gifts in al; Mother's Day in ... Gifts from Son in al; Mothers Day Gifts in al You're Not Crazy - It's Your Mother: Understanding and Healing for Daughters of Narcissistic Mothers (Daughters Of Narcissistic Mothers Book 1) The Mothers' Board: Mothers Know Best Strong Mothers, Strong Sons: Lessons Mothers Need to Raise Extraordinary Men 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) Babies Don't Eat Pizza: A Big Kids' Book About Baby Brothers and Baby Sisters 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) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)