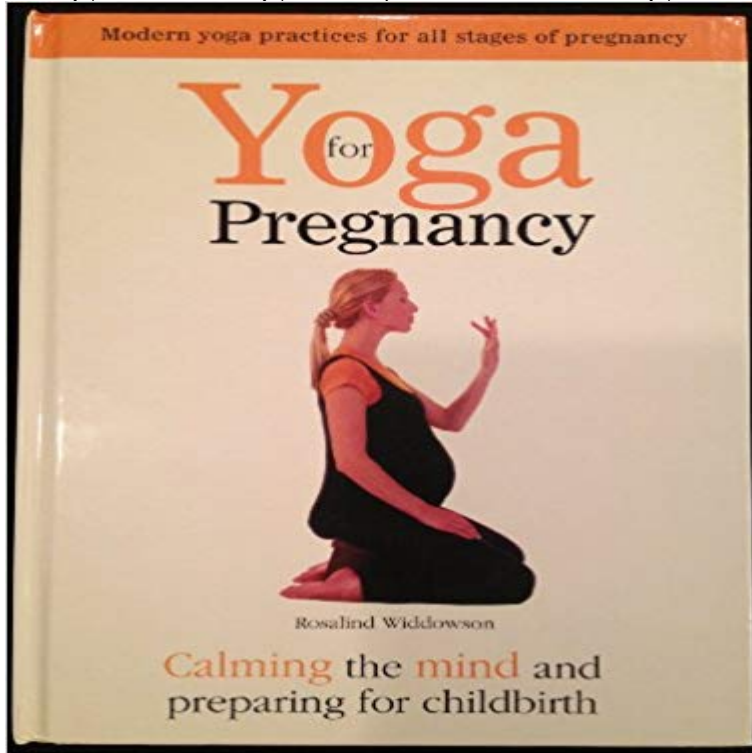


# Yoga for Pregnancy: Modern Yoga Practices for All Stages of Pregnancy



Suitable for beginners, this volume can help the reader to learn the most suitable positions and breathing techniques for each stage of pregnancy. It includes exercises to provide relief from minor pregnancy discomforts.

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