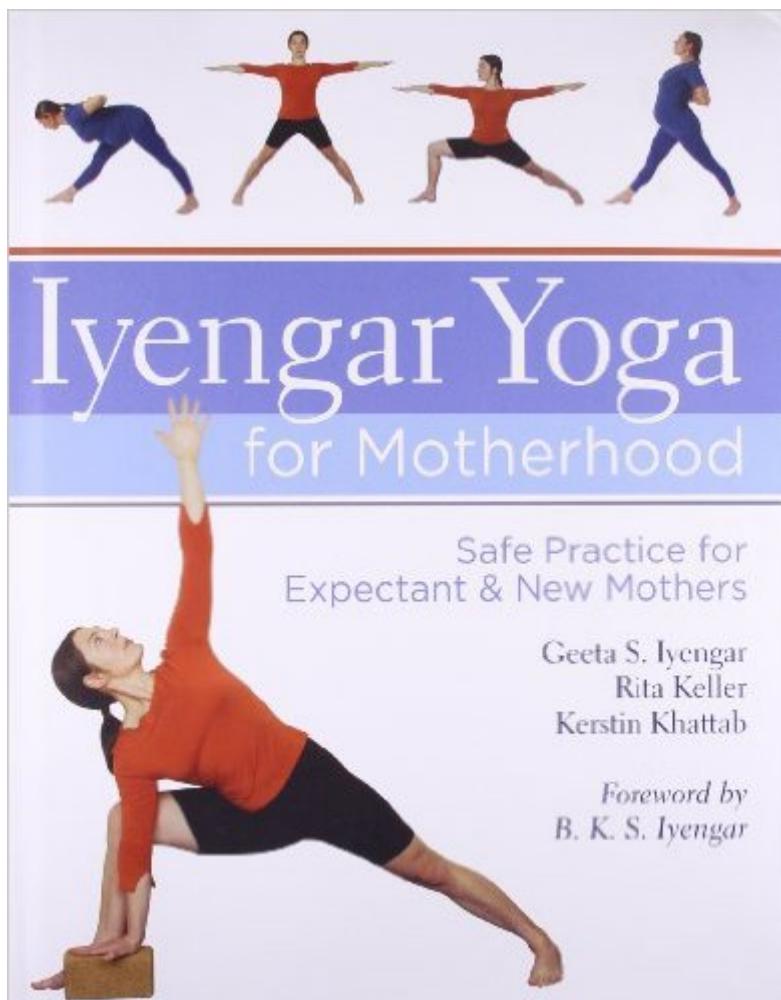


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# Iyengar Yoga For Motherhood: Safe Practice For Expectant & New Mothers



## Synopsis

From the daughter of yoga guru B.K.S. Iyengar, a book that every mother-to-be and new mom will celebrate! With its superb provenance, encyclopedic coverage, and meticulous allopathic medical vetting, Iyengar Yoga for Motherhood is THE indispensable volume for every woman who wishes to continue her Yoga practice during pregnancy and the first 18 months of motherhood. Lavishly produced, with a fresh, contemporary design and a strong emphasis on safety, it offers guidance, reassurance, and easy-to-follow step-by-step instructions. More than 350 photographs using ethnically neutral models carefully guide readers through every asana, highlighting variations on each for safe practice. Additionally, women will find safety rankings for each trimester of pregnancy, call-outs listing benefits and cautions, and detailed instructions for proper anatomical alignment and Pranayama breathing. Officially sanctioned by B.K.S. Iyengar, who has also written the foreword, the publication of Iyengar Yoga for Motherhood is sure to be an important event in the Yogic community.

## Book Information

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## Customer Reviews

My Iyengar yoga teacher told me about this book and I am so glad he did. It was exactly what I wished I had found earlier in my pregnancy. It is NOT specific to Iyengar yoga, either. If you practice yoga and want to continue to do so during conception, pregnancy, labor, and after, then this book will tell you which poses are okay for which trimester and which ones are not. Also how to modify common poses. There are recommended sequences for practice at home. The only drawback is

that some of the poses rely on using a lot of equipment that you absolutely would not have at home--trestle, some crazy back-bending table, ropes hanging from ceilings. But this is not true of all the poses. I bought two blocks, a strap, a wedge, yoga ball, and a bolster and feel like I can do a lot of the poses on my own. I also think these props will be helpful during early labor at home. With this book, I am able, at 7 mos. pregnant, to continue in a Level 1/2 class with confidence!

Many of the other critical reviews are spot on; this book is geared towards practice in an Iyengar yoga studio, and is best used by someone who has experience with Iyengar yoga. As a 10 year practitioner of Iyengar yoga I came in expecting that, but knowing how to easily adjust poses for an environment with much less equipment. Yet still, I had serious problems with it. First, many many simple poses are, in this book at least, contraindicated for the first trimester, claiming that they'll cause miscarriage or restrict the growth of the fetus. Paschimottanasana springs immediately to mind. This contradicts the pregnancy section in *Yoga: A Gem for Women* and I found the repeated "not for use in 1st trimester" really intimidating and scary. Even though I knew better, I couldn't practice yoga for a week after reading this book because I was too scared (ok, and had a bit of morning sickness). Second, it tries to be a general pregnancy book when it really shouldn't. The general info is too sparse or not well backed up by the research, and the authors make no effort to show where they get their information from. For instance recommending an ayurvedic diet for pregnancy with no consideration of the variety of maternal needs I found particularly annoying. The worst of it though was that it suggests how to have a "yogic" birth. First, historically yoga was a male activity, so there is no tradition of yogic birth. Secondly, while yoga can certainly help with a natural birth the suggestions they had were way too quiet and passive (without the support of, say, hypnobirthing training). I really don't think yoga teachers should be telling women how to push, but these do. This book is large, comprehensive, and well-illustrated, but I believe the Iyengar practitioner is far better served by *Yoga: A Gem for Women*.

I was very excited to start reading this book. I am already an experienced prenatal yoga teacher and an Iyengar student, so I figured this book would be perfect for me to continue my learning. However, I actually disagree with some of the suggestions in the book. For example, in the "Problems A-Z" section, the suggested poses for heartburn are almost all inversions. Which is the last thing you want to do when acid is already coming up the esophagus. I would have also liked to see some explanation for why certain poses are suggested to help alleviate different issues. That said, the pictures and descriptions of the poses are excellent. I also really enjoyed the anatomy section at

the end of the book.

If you're looking for an overview of prenatal yoga or are a newbie, this probably won't be what you want. But if you want to learn more about the topic, keep reading! When I found out I was expecting, one of my concerns was how my yoga practice should be specifically modified. Advice from my teachers and online articles helped, but I wanted was a comprehensive, trustworthy resource to understand WHY I should or shouldn't do a pose. That is this book. There are highly detailed instructions for each pose, what trimester they're appropriate for, and sequences for beginner and advanced yogis in each trimester. There are also thorough chapters on diet, meditation, pranayama and more. As the other reviewers have said, the Iyengar approach does include a lot more props beyond the usual bolster-blanket-block combo. The book does offer alternative ways to do these poses, like using the back of a chair instead of some fancy gymnastics balance beam looking contraption. Or just skip those. This is a wealth of knowledge and I'm betting a lot of prenatal yoga teachers have this in their library. As a side note, I like that the photos are of "real life pregnant women", not like the prenatal chapters in other books I have with lithe celebrity yogi's who are not pregnant and wearing very little - I'm sure I'll like the former the bigger I get ;-)

This is truly an amazing book. I highly recommend it to any Iyengar teacher, student, or mother. I just took an Iyengar yoga teacher training for the stages in a woman's life and everything I learned was in this book!

Very informative and well-organized with several recommended sequences from which to choose during different trimesters. I like that Ms. Iyengar's book allows for certain supine poses well into the second or third trimester, as long as you feel capable. In my previous pregnancy I felt like yoga instructors were teaching classes as though we were all near the end of the third trimester and barely able to move! This book offers a great way to keep up your practice all the way up to your baby's birth day with variations appropriate to your comfort and stage of pregnancy. I'm not wasting my time or money on boring prenatal yoga classes this time around!

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