

Feeling Anxious About Your Natural Birth Plan? When the body is stiff and rigid, it prevents labor from progressing smoothly. And, of course, you want a smooth labor! So what can you do to relax during this vital time in your life that is pregnancy and labor? What can alleviate the negative thoughts and anxieties you may be having? **Relaxed Childbirth, No Drugs Required** Many first time parents are often too anxious about birth to realize that yoga and meditation will make a difference in their birth experience. The emerging consensus is that women who are proficient in utilizing these techniques have the opportunity to relax more deeply, concentrate more fully, and release to the powerful energies of childbirth. Studies have also suggested that practicing yoga while pregnant can improve sleep, reduce stress and anxiety, and increase the strength, flexibility, and endurance of muscles needed for childbirth. **Yoga to the Rescue** Author Victoria Moore the Yogi Mami, has written the go-to guide for expectant moms (and dads, too). Included in the book are yogic cures for eleven common pregnancy ailments. In addition, learn how to: • Relax during labor using only the power of your breath • Keep the baby in an optimal birthing position • Decrease the intensity of pain during labor (without drugs!) • Relieve heartburn and morning sickness • Relieve back tension • Prevent and relieve hemorrhoids • Prevent and relieve swelling in the legs and feet • Prevent varicose veins • Get a restful night's sleep • Re-tone your muscles post-baby Just as one would prepare for a marathon, it's essential that you're equally prepared for the epic occasion that is childbirth. Start your preparedness today with **Yogi Mami's Guide to an Easier Pregnancy and Labor**.

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