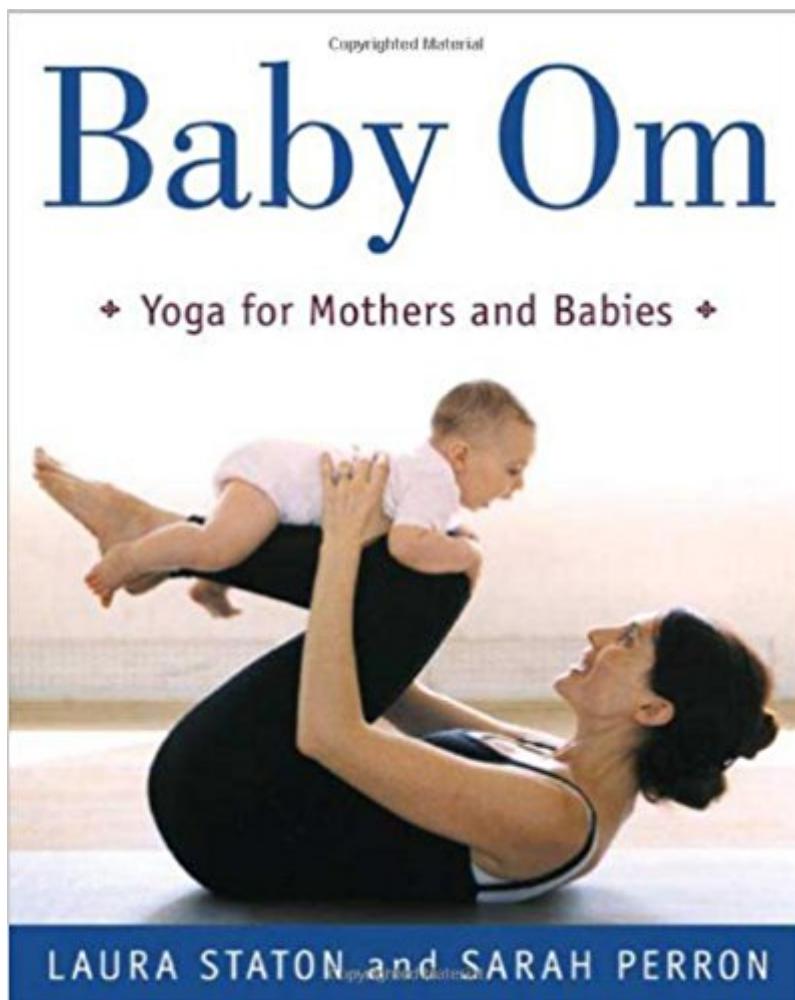


The book was found

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

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Customer Reviews

Over the years I have bought a lot of work out books and found them to be quite depressing. All the pictures would remind me of a bad gym class in the seventh grade. Baby Om far surpassed the other books I have bought in terms of quality. The writing and photos match the state of mind I want

to achieve. So I picked this book because it was the best looking . . . and found it was jam packed with poses, exercises, baby messages, and lots of other good info. Great baby shower present.

I loved this book for postpartum yoga - it has a special section for cesarean moms, which was the reason I bought it. It has series of gradually increasing challenge, which I also like. However, I found it WAY too hard to incorporate my baby at first. Having a c section, it was hard enough to get in and out of the poses. Also, my newborn needs lots of attention and it's hard to relax and focus on myself. Maybe this will change with time. Also, in terms of the baby interactions segments of each series, Baby Om was a little demanding of its babies - these sections included a full body massage and several exercise movements all in one sequence, and encouraged the mom to "keep trying" when baby resisted - my baby did not like this. I prefer Itsy Bitsy Yoga for baby yoga, as it gives very useful tips (such as going slow, stopping if baby is unhappy, etc) and offers different poses based on small developmental steps. A great book for moms, especially c section moms, but not the best for baby in my opinion.

This book is exactly what I was looking for... it offers a great yoga workout in each stage of postpartum recovery and getting back into shape, and it also integrates your infant. A lot of programs are either primarily focused on the infant (and, let's face it, we as new moms are the ones who need the workout and the release that comes with it), or forget the baby altogether having you leave your little one lying next to you (which is impossible once they become mobile). This book combines both and integrates yogic movements with your baby and without, depending on the move, as well as giving tips on infant stimulation throughout the practice. It also teaches different asanas to practice based on the age of your infant. It is the perfect yoga book for new moms!

I found this book to be very complete, with details on body positioning/benefits/etc. for each pose/exercise for you and your baby as well as many variations to make it work for you and your baby. They also included some information on baby massage and a special workout for c-section recovery. It's worth reading a few times before you dive into a workout to choose what you want to do and how you want to do it, rather than read while doing the workout and getting bogged down in all the options.

I have not done that much yoga in my lifetime and liked the idea of learning yoga with my 3 month old baby girl. I was afraid the books would not be able to tell me how to do the poses correctly, but

there are no mother/baby yoga classes around where I live so I thought I would try the simple poses and see how it went. I looked at all the books online and at the book store and picked this one because the quality seemed to be better than a similar book, so I took a chance. I was very happy to find the instructions for the poses were very easy to follow and my mother who does yoga everyday said that my poses were very good and it looked like I had been taking a lot of classes -- not only could she not believe that I learned it all from a book but with a small baby there on my hip! The messages are very good for overtired cranky babies.

I love this book it totally changed my life. It is a beautiful and more importantly usable book. I feel much closer to my baby and myself.

HEADS UP: This book DOES NOT have "beautiful photography". It is a simple, straight forward book that is cheap paper and black and white printing. It is by far not a cheery-looking book like the cover and I honestly regret giving this book to my sister for Christmas because I feel this will not help postpartum depression as much as I thought. Not a happy book, but it does give good information and that is the only reason I'm giving it 3 stars. I'm disappointed - I guess I judged a book by its cover for sure and really trusted the descriptions. Hopefully it works out.

This is one of the few books that I know of which illustrate real yoga positions done with a baby. The instructions are clear and easy to follow and the pictures are beautiful! These positions are a wonderful way to bring your baby into your yoga routine and baby really delights in all of the attention, and face to face contact you are able to give while you practice!

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