

Yoga

For Mother and Baby



I participated with my son Nate in Matra's Mother and baby Yoga program. We had a great time. I highly recommend this program to new mothers. The Yoga program tones and also strengthens the pelvic floor, back muscles and overstretched abdominal muscles.

Through the diligent Yoga regime women can maintain an abundant supply of energy that new mothers need. It decreases the new mother's unexplained mild sadness and feeling low.

- Dr. Allison Murphy MD, Pediatrician

The Mom and Baby Yoga classes were a welcome little project in the long days home with a new baby and I made a lot of friends to share this precious time. I haven't stopped doing Yoga ever since. Our third child is now five weeks old and I am looking forward to getting back into shape. How? The answer is simple: Mom and Baby Yoga!

- Anna Schneeberger, a Participant

FREE Accordion Booklet for Travel + Home Practice with Mother and baby DVD



\$ 19.99

To purchase your DVD set

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Find it in Amazon.com