

Yoga Prenatal



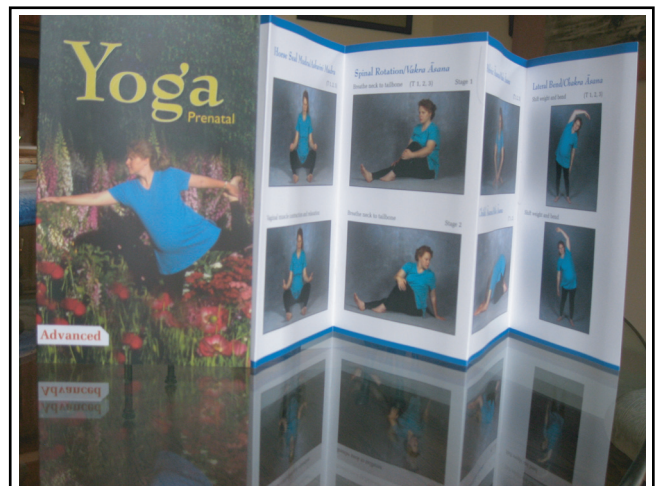
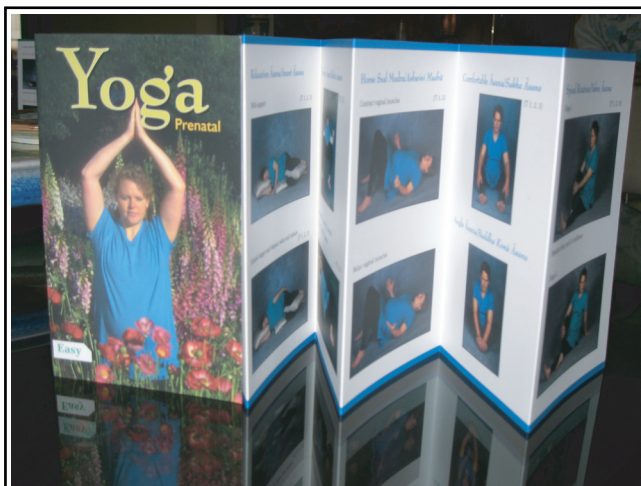
I have encouraged my patients to try out the ancient practice of Yoga to help with this phase of their lives. Not only does it seem to help with their physical well being, but I have also noted a distinct improvement in their mental attitudes and sense of wellness.

- Dr. Jags Powar MD, Obstetrics & Gynecology
Adjunct Associate Professor, Stanford University Medical School

"THANKS! for getting me started on yoga when I was pregnant with Jane. It's really helping me a whole lot. I also got my husband Mark doing some of it too!"

- Destiny, a Participant

FREE Accordion Booklets for Pre Natal Easy and Advanced Program for Travel and Home Practice with this Pre Natal DVD



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