



Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth

By Margo Shapiro Bachman M.D.

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Pregnancy is an extraordinary time of transformation and a profound rite of passage that requires special care and guidance. The complementary tools and practices of Ayurveda and yoga have been used together for thousands of years to support a healthy body, balanced mind, and higher consciousness. With *Yoga Mama, Yoga Baby*, Margo Shapiro Bachman brings readers the first book to show how these "sister sciences" can support the miraculous journey of pregnancy. This thoroughly detailed guidebook shares practical and easy-to-apply teachings and information to help women experience pregnancy with radiant health and abundant joy, including:

- The basics of Ayurveda, yoga, diet, and lifestyle—cornerstone principles, basic terms and concepts, essential self-assessments, and more
- Month-by-month exercises and practices, including meditation, mantra, breathwork, asana, journaling, and massage
- Practical tips to encourage natural labor and delivery
- Guidance on staying healthy and happy in the precious first postpartum weeks with baby

For women everywhere, *Yoga Mama, Yoga Baby* is an indispensable resource for treasuring every moment of pregnancy and blessing the mother and child with health, happiness, consciousness, and love.

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Editorial Review

Review

"In Yoga Mama, Yoga Baby, Margo Bachman beautifully elaborates the basic principles of Ayurveda--the science of life--and combines it with the complete practice of yoga...leading the prospective mother through exercises, practices, and inner exploration to awaken inner bliss, joy, and fulfillment as she advances through her pregnancy."

- From the foreword by DR. VASANT LAD, founder of The Ayurvedic Institute

"Yoga Mama, Yoga Baby is a most delightful book chock-full of ancient wisdom for modern motherhood."

- CHRISTIANE NORTHRUP, MD, author of the New York Times bestseller Women's Bodies, Women's Wisdom

"Margo Bachman has produced an excellent and comprehensive guide to pregnancy and childbirth, reflecting a deep understanding of the ancient sister sciences of yoga and Ayurveda. The book is detailed, practical, and thorough, providing a complete course on how to optimize this important and foundational phase of human life."

- DR. DAVID FRAWLEY, author of Yoga and Ayurveda and director of the American Institute of Vedic Studies

"Yoga Mama, Yoga Baby is a comprehensive resource that guides expectant mothers and their families from conception, through each stage of pregnancy, to birth and post partum. In this beautiful book, Margo integrates authentic teachings and practices from the great traditions of Ayurveda and Yoga, making them accessible and practical in the modern context. Yoga Mama - Yoga Baby is an invaluable resource."

- GARY KRAFTSOW, American Viniyoga Institute, Author of Yoga for Wellness; and Yoga for Transformation

"Both Eastern and Western medicine recognize the effects that early development has on the life of a child, the adult that child becomes, and even that adult's children and children's children. To have a guide that supports awareness and health in pregnancy, birth, and early childhood is a blessing that can affect genetic expression, health, and happiness in new parents, new babies, and generations to come. The impact that this book can have is hard to overestimate."

- DR. CLAUDIA WELCH, author of Balance Your Hormones, Balance Your Life

About the Author

Margo Shapiro Bachman, MA, is a mother of two, a nationally certified Ayurvedic practitioner and an RYT500 registered yoga teacher. She has studied and practiced yoga, meditation and Western herbal medicine for over 20 years, and received more than a decade of extensive Ayurvedic training. Her private practice and teaching focus on in women's and children's health. See margoshapirobachman.com

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