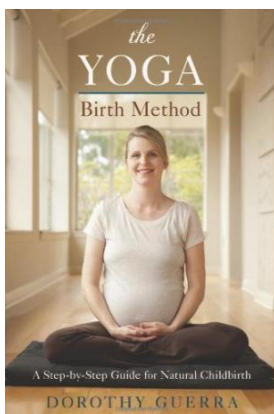


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## THE YOGA BIRTH METHOD: A STEP-BY-STEP GUIDE FOR NATURAL CHILDBIRTH (PAPERBACK)



Llewellyn Publications, U.S., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The Yoga Birth Method is an empowering eight-step pathway to achieving a positive and joyful birth experience. Applying the wisdom of yoga to childbirth, Dorothy Guerra offers a solid plan for managing the mind, body, and spirit throughout the stages of pregnancy and labour. Couples choose an intention that becomes a focal point for embracing a calm state of mind throughout the physical and emotional challenges...

**Read PDF The Yoga Birth Method: A Step-by-Step Guide for Natural Childbirth (Paperback)**

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