



Inner Beauty, Inner Light: Yoga for Pregnant Women

Frederick Leboyer

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In matchless prose and stunning photographs, the importance and beauty of yoga for pregnant women

Back in print and newly designed, here is the classic text on yoga for expectant mothers by the renowned obstetrician Dr. Frederick Leboyer, illustrated with his own photographs. Leboyer shows how woman can use yoga to move toward healthy and joyous childbearing, and how the health benefits will far outlast the birthing process, for both mother and child. A young Indian woman, Vanita—the daughter of yoga master B.K.S. Iyengar, who provided this book's introduction—is seen in her daily practice a few short days before giving birth, as Inner Beauty, Inner Light explains the breathing techniques and postures all expectant mothers can use to acquire harmony, elegance, grace, and precision. Moreover, Leboyer explores the inner meaning of yoga for both the inner woman and the child within.

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