

AUM Prenatal Yoga Teacher Training References & Suggested Reading

Level I, Part 1: Anatomy of the Pelvic Floor

References

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Lasater, Judith. *Relax and Renew: Restful Yoga for Stressful times*. Berkeley, CA: Rodmell, 1995. Print.

Northrup, Christiane. *Mother-daughter Wisdom: Understanding the Crucial Link between Mothers, Daughters, and Health*. New York: Bantam, 2006. Print.

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Suggested Reading

Iyengar Yoga for Motherhood: Safe Practice for Expectant & New Mothers, by Geeta S. Iyengar, Rita Keller, and Kerstin Khattab

Yoga Mama Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth, by Margo Shapiro Bachman; forward by Dr. Vasant Lad,