



# Baby Om: Yoga for Mothers and Babies

*Laura Staton, Sarah Perron*

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## A dynamic yoga program for new mothers and their babies

How does a new mother get back her shape without giving up precious time with her baby? In *Baby Om*, authors Laura Staton and Sarah Perron -- both dancers, yoga instructors, and moms themselves -- answer the new mother's need for a calming and rigorous way to align and strengthen her body while having fun with her baby. Based on their popular New York classes of the same name, *Baby Om* takes mothers through a yoga practice they can do with their infants -- anytime and anywhere. The techniques help new mothers enjoy the spiritual and physical benefits of yoga, allowing them to nurture themselves as well as their babies. This easy-to-use book includes:

- Baby Om basics -- the practical information you need to get started
- baby engagement -- how to play with and stimulate your baby during yoga
- four step-by-step Baby Om classes -- each concentrating on a unique stage in your child's development

The beautiful illustrations and photographs in *Baby Om* capture the intimate sharing between mother and child, and create a visual model for how to achieve the poses at home. Safe, effective, and easy to learn, *Baby Om* brings mother and baby together, ensuring the health and happiness of both.

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