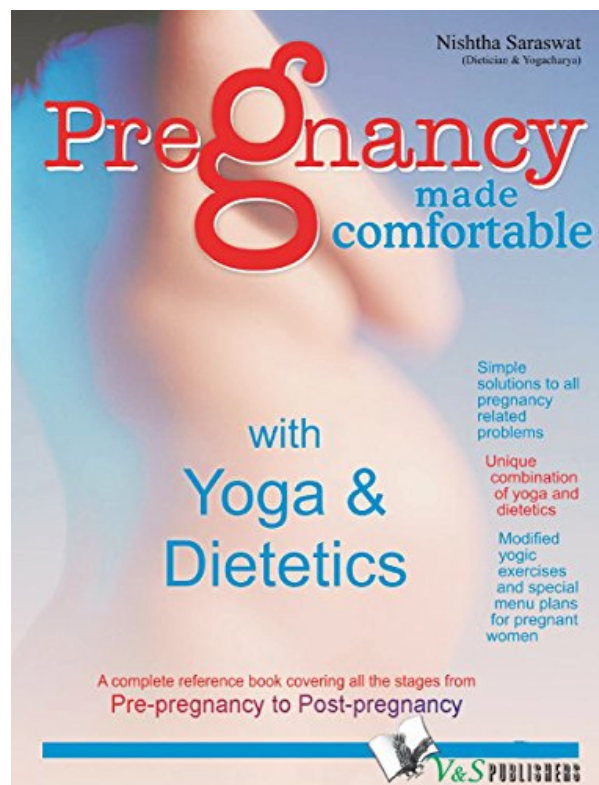
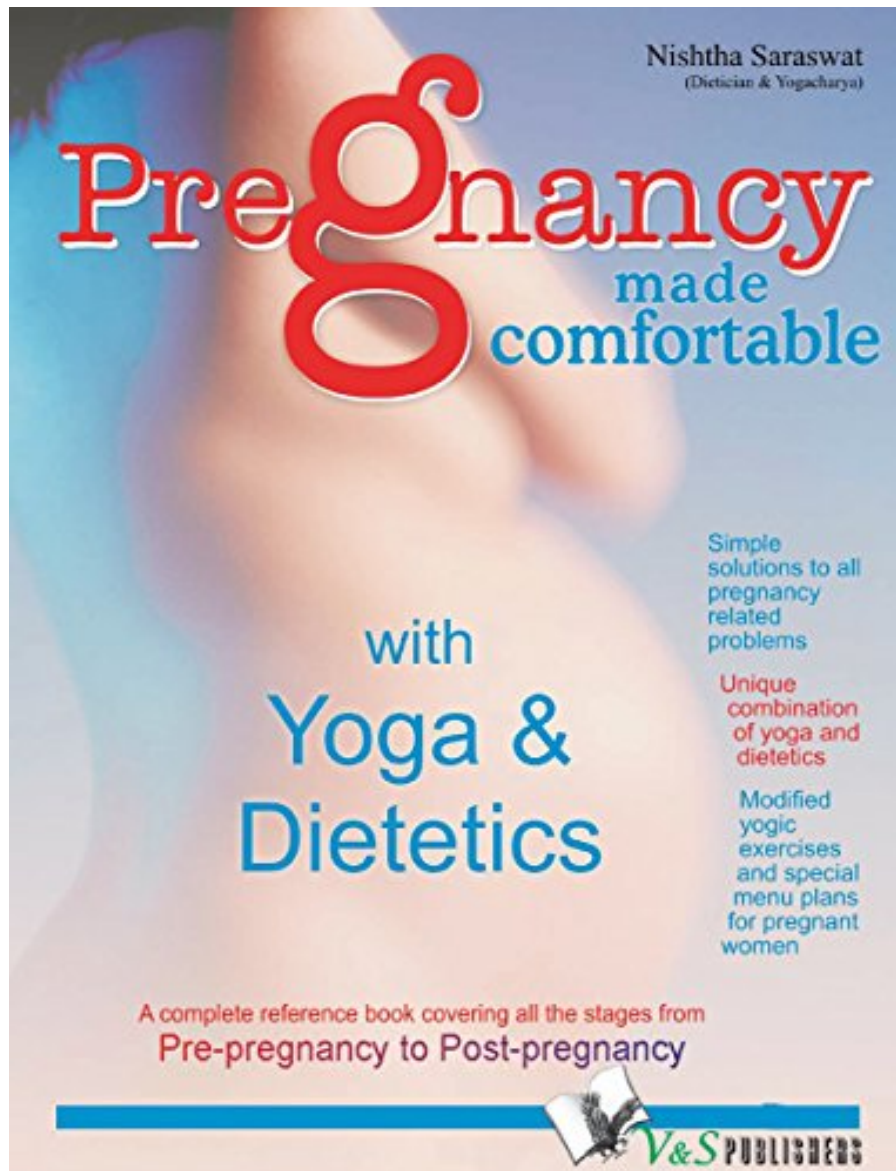


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The book has been divided into various sections for ease of reference. The extensive use of pictures, tables, illustrations and testimonials lends practicality to the book and makes it user-friendly. The book aims at becoming a complete reference manual during the journey from planning pregnancy to getting back in a healthy shape post pregnancy. Aspiring mothers will find this indispensable in their daily lives.

Regular reference and usage of the book during pregnancy will ensure that pregnancy becomes a comfortable and pleasant experience for all women.

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Excellent Book,Every woman should have it.

By Samikn

I got this book few days ago.The book is excellent.It contains what a woman looks for after getting pregnant and also before getting pregnant.The book contains yoga practices according to all 3 trimesters plus post yoga too.

In it you can find YOGA for STRETCH MARKS[every women's worry] thirdly,there is yoga for conception also.

its a yoga book from preconception to post-natal yoga.

I am on the preconception stage.

Its been a week since I am using this book and I have lost 2 kgs with diet given.And I also feel relaxed.

I highly recommend this book to the women who are planning for baby and also who are pregnant.

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