



## **Resources for Prenatal Yoga Students**

### **Surviving and Thriving Your Pregnancy**

Baldwin, Rahima & Palmarini, Terra. (1995) *Pregnant Feelings, Developing Trust in Birth*. NYC: Celestial Arts/Crown Group

Simpkin, P., Whalley, J., & Keppler, A. (2001). *Pregnancy, Childbirth and the Newborn: The Complete Guide*. Minnetonka, MN: Meadowbrook.  
Do you feel like aliens have overtaken your body now that you are pregnant? This book answers all those questions and more.

Kimes, Joanne & Tisherman, S. (2003) *Pregnancy Sucks: What to Do When Your Miracle Makes You Miserable*. Cincinnati, OH: Adams Media.  
A humorous and informative guide on surviving your pregnancy with as much grace and elegance as you can.

Freedman, Rory & Barnouin, K. (2008) *Skinny Bitch Bun in the Oven: A Gutsy Guide to Becoming One Hot (and Healthy) Mother!* Philadelphia: Running Press.  
Excellent dietary advice and a HILARIOUS read!

Verny, Thomas and Weintraub, Pamela. (2000) *Nurturing the Unborn Child, A nine-month program for soothing, stimulating, and communicating with your baby*. City?: Olmstead.

### **Childbirth Preparation**

Arms, Suzanne, (1995) *Immaculate Deception II: Myth, Magic & Birth*. NYC: Celestial Arts/Crown Group.  
Ms. Arms practically fired the natural childbirth cannon; a classic description of the birthing business.

Betts, Deborah. (2003) *Acupressure: Promoting a Natural Labor & Partner Involvement*.  
Download from: <http://acupuncture.rhizome.net.nz/acupressure/download.aspx>  
Good ideas for things your birth partner can do during labor to make you more comfortable.

Clifford, Frances. (2004) *Aromatherapy During Your Pregnancy*. UK: Random House.

Cohen, Marisa. (2007) *Deliver This! Make The Childbirth Choice That's Right For YOU... no matter what everyone else thinks!* Berkeley, CA: Seal Press.  
Spells out all your options and it's easy to read.

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England, Pam & Horowitz, R. (1998) *Birth from Within: An Extra-Ordinary Guide to Childbirth Preparation*. Albuquerque, NM: Partera.

Full of empowering things you and your partner can do to prepare for the birth of your little miracle – from learning how to manage physical discomfort to working through your fears and concerns.

Epstein, Abby. Director (2007) DVD: *The Business of Being Born*. New Line Home Video  
Ricki Lake was one of the producers of this documentary. See her video clip online at <http://www.amazon.com>, type in the title of the DVD and click through. It's one of the best videos of the birthing industry and the choices you have. You can rent it through Netflix.

Goer, Henci. (1999) *The Thinking Woman's Guide to Childbirth*. New York: Perigee/Penguin.  
We love how she doesn't sugarcoat anything!

Gaskin, Ina May. (2003) *Ina May's Guide to Childbirth*. New York: Bantam  
A modern classic on everything you want to know.

Gaskin, Ina May. (2002) *Spiritual Midwifery*. Summertown, TN: Book Publishing Company

Gurevich, Rachel. (2003) *The Doula Advantage: Your Complete Guide to Having an Empowered and Positive Birth with the Help of a Professional Childbirth Assistant*. Roseville, CA: Prima Lifestyles.

Betty Idarius. (1999) *The Homeopathic Childbirth Manual, A practical guide for labor, birth, and the immediate postpartum period*. Talmadge, CA: Idarius Press.

Kitzinger, Sheila. (2003) *The Complete Book of Pregnancy and Childbirth*. NYC: Knopf.

Klaus, M., Kennel, J. & Klaus, P. (2002). *The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth*. Cambridge, MA: De Capo.

McCutcheon-Rosegg, Susan. (1996) *Natural Childbirth The Bradley Way*. NYC: Plume/Penguin Group.

Simkin, Penny. (2007) *The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions*. Boston: Harvard Common.

This is a must if your partner plans to be with you during labor and/or delivery. Dad's report that they actually enjoyed reading it!

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### **Yoga/Exercise for Pregnancy**

Gurmukh Kaur Khalsa & Crawford, Cindy. (2004) *Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation*. NYC: St. Martin's Griffin.

Jordan, Sandra (1987) *Yoga for Pregnancy : Ninety-Two Safe, Gentle Stretches Appropriate for Pregnant Women & New Mothers*. New York: St. Martins.

Larsen, Jyothi & Ken Howard (2002) *Yoga Mom, Buddha Baby: The Yoga Workout for New Moms*. New York: Bantam.

Noble, Elizabeth (2003) *Essential Exercises for the Childbearing Years: A Guide to Health and Comfort Before and After Your Baby Is Born*. City?: New Life Images.

### **Prenatal Yoga DVDs**

Netflix has a number of prenatal video choices. Check a few out and find ones that work for you.

We also recommend [www.yogaglo.com](http://www.yogaglo.com). You may choose prenatal classes with a number of teachers, lengths and styles.

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