

Akhanda Prenatal YTT Reading List

We recommend you familiarize yourself with a few of the books on this list about Pre and Postnatal Yoga and Birthing prior to the Prenatal YTT program. Books about pregnancy and birth will help you to understand a whole vocabulary around birthing and how yoga techniques may be useful to women during Labour.

Prenatal Yoga

Beautiful, Bountiful, Blissful by Gurmukh

Preparing for Birth with Yoga by Janet Balaskas or *Step-by-Step Yoga for Pregnancy* by Wendy Teasdill or *Yoga Mama* by Linda Sparrowe

Yoga Mom, Buddha Baby by Jyothi Larson

Magical Beginnings, Enchanted Lives by Deepak Chopra

Birthing

Birthing From Within by Pam England

Spiritual Midwifery by Ina May Gaskin

New and Active Birth by Janet Balaskas