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256 pages  
Original title: *Yogamamma*  
*Med yoga gjennom graviditet, fødsel og barseltid*

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**Cathrine Mathiesen**

## *Yogamama* *Yoga during pregnancy, birth and maternity*

In a simple and inspiring way, the author shows the joys and benefits of yoga's many aspects, for pregnant women and new mothers.

This book contains step-by-step explanations and pictures; of exercises specially tailored for pregnancy, suggested programs for each trimester, the role of breathing and its potential, birth tips, and examples of how yoga philosophy can enrich motherhood.

### Cathrine Mathiesen

Cathrine Mathiesen is a yoga teacher with long, broad, and international experience. She is also a mother of three and has personally experienced the benefits and the joy of yoga during pregnancy, birth and motherhood.



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