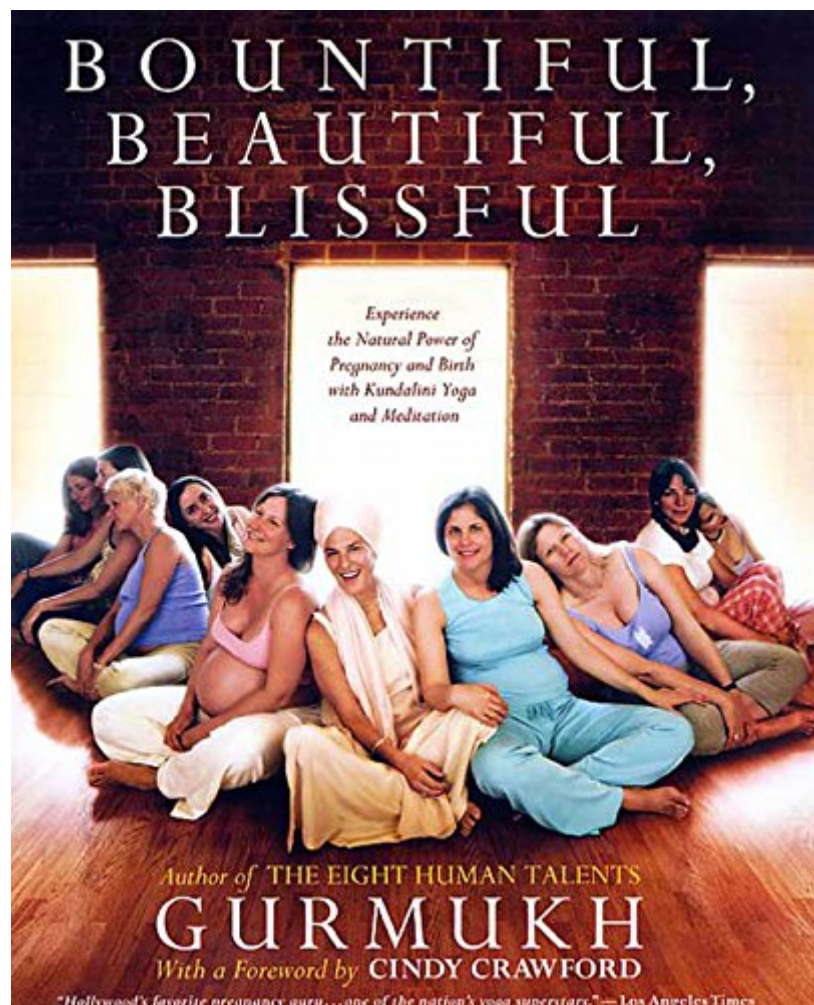




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# Bountiful, Beautiful, Blissful: Experience The Natural Power Of Pregnancy And Birth With Kundalini Yoga And Meditation



## Synopsis

From internationally renowned yoga teacher Gurmukh comes a book on pregnancy unlike any other. Bountiful, Beautiful, Blissful is a treasury of wisdom, information, and inspiration for pregnancy and motherhood based on the spiritual and physical practices of Kundalini yoga, which Gurmukh has taught for the last thirty years. With illustrated, step-by-step instructions, she teaches time-tested techniques, meditations, and exercises that will help you physically, mentally, and spiritually. In the timeless way that women have passed down wisdom surrounding birth and child rearing to one another for centuries, Gurmukh weaves folk stories and contemporary testimonials into a program designed to help you get profound results in the shortest possible time. The sections in this book cover each trimester of pregnancy as well as delivery and life with the baby. In her wise, gentle, and comforting voice, Gurmukh suggests meditations, exercises, and yoga positions to respond to the various needs of expectant and new mothers as you undergo dramatic body changes. Gurmukh also helps you explore and, when necessary, heal your own history and unconscious attitudes about pregnancy, birth, and parenting. In Bountiful, Beautiful, Blissful, Gurmukh gives you all the tools you need to have a healthy and happy pregnancy while increasing your connection to your partner and building compassion and prosperity. The ancient practices of yoga can lead you back to your own power as a woman, capable of more than you ever dreamed. All you need is a belief in the possibility of change and a commitment of as little as three minutes a day. Gurmukh has helped thousands of women and their families find fulfillment through the healing movements and meditations of Kundalini yoga---and she can help you, too!

## Book Information

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## Customer Reviews

It feels good to read this book. Never felt bored on reading this book. I bought this book and Magical beginnings by Deepak Chopra. I felt Magical beginnings was bit boring compared to this book. It is definitely motivating during pregnancy.

This book changed my pregnancy. I went from having the normal, conventional hospital birth to birthing at home with a midwife in a pool. I didn't end up being able to have a home birth, but her book opened me to a whole other world of natural birthing options. I even ended up joining Gurmukh's Prenatal Yoga Teacher Training in LA, which was one of the best decisions I've made. It was so beautiful to attend a workshop like that while pregnant! She doesn't teach prenatal yoga herself anymore, but her yoga studios in NY & LA still do - so do it live if you can (sadly, her beautiful yoga center in Hollywood recently shut down - it was such a beautiful building & community). This is Kundalini yoga, so will be a bit different for those who've only practiced Hatha etc, but I love Kundalini. I buy this and Gurmukh's prenatal DVD for my pregnant girlfriends, along with a copy of The Sacred Pregnancy Journal by Anni Daulter. Makes for such a beautiful pregnancy (I know I've used the word beautiful 3x in this post but don't feel like thinking that hard with a newborn).

I purchased this out of obligation for a teacher training I am completing, and I'm thrilled to say I love it. I don't necessarily agree with everything she has to say, but I think the exercises are invaluable and I love how they are listed out. They're serving me well as I move through my own pregnancy!

I gave this as a gift and the person was very pleased with the informative information.

A lot of wisdom in this book, it's like having a conversation with your best friend and its very

reassuring. I highly recommend it for any pregnant woman!

## PURCHASED FOR GIFT

This is a book that I will read again and again. It details such positive birthing experiences of women while educating the reader of the many options available to her. It enables the reader to dismiss the criticism of those less educated and less open to "new" experiences and really take her birth and pregnancy by the horns. I encourage all pregnant women to read this book. Buy it for a friend/family member. I'll be reading this book for the second time starting today, just to go back and focus on the meditations and mental exercises.

Gurmukh is such a wise lady and this book is packed with her wisdom, guidance, support and love. It's almost like having her by your side during this amazing yet completely unknown (if you are a first time Mama) time of your life. Full of yoga moves and meditations for a happy healthy pregnancy, baby, and birth.

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