

LYTG Training. Pregnancy Weekend 2019 with Ruth Polden

Resources

Yoga in Pregnancy and YogaBirth Classes

*Balaskas, Janet (1994) Preparing for Birth with Yoga Element

*Balaskas, Janet (1991) New Active Birth Thorsons

*Campbell, Mel (2012) The Yoga of Pregnancy Week by Week Findhorn Press

www.ruthpoldenyoga.com

www.yogabirth.org

Hormones of Pregnancy, Birth and Mothering

* Buckley, Sarah MD (2009) Gentle Mothering Gentle Birth Celestial Arts

www.sarahbuckley.com

Pelvic Girdle Pain (PGP)

www.pelvicpartnership.org.uk

<https://www.aims.org.uk/information/item/pregnancy-related-pelvic-girdle-pain-pgp>

Optimal Fetal Positioning

<https://spinningbabies.com/start/in-pregnancy/>

Positive Pregnancy and Birth Support Network

www.tellmeagoodbirthstory.com