



# The Mindful Way through Pregnancy: Meditation, Yoga, and Journaling for Expectant Mothers

*Anne Cushman, Mimi Doe, Judy Leif, Jennifer Brilliant*

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Pregnancy is a time of wonder and of momentous change, both emotionally and physically. For many women, it is a time like no other in their lives, filled with excitement and awe but also with great uncertainty and vulnerability. This book-and-audio program brings together writings and simple daily practices for bringing the transformative power of mindfulness to this special time.

*The Mindful Way through Pregnancy* features:

- Yoga and meditation teacher Anne Cushman on finding balance amid the emotional ups and downs of pregnancy
- Author Celia Straus on bonding with your child during pregnancy
- Yoga teacher Jennifer Brilliant on caring for your changing body
- Meditation teacher Judith Lief on calming your fears about childbirth and parenthood
- Author Mimi Doe on setting your intentions for parenthood
- Zen teacher Karen Maezen Miller on mindfulness and the childbirth experience

Also included is an audio CD of guided meditation instruction for four simple meditation practices for expectant mothers. Drawn from the Buddhist tradition, these practices offer different ways to develop a sense of calm well-being throughout pregnancy.

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