

Baby Om: Yoga For Mothers And Babies By Laura Staton

By Laura Staton

Jan 14, 2013 This is the summary of Baby Om: Yoga for Mothers and Babies by Laura Staton, Sarah Perron

A dynamic yoga program for new mothers and their babies How does a new mother get back her shape without giving up precious time with her baby?

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new goals: getting back in shape and enjoying close bonding with

Laura Staton is an Occupational Therapist and registered yoga teacher Baby Om Update. 2015 Laura
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