



The Pilates Way to Birth

Carolyn Anthony

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The Pilates Way to Birth Carolyne Anthony

A full color exercise workbook that uses Pilates exercises to prepare the body for successful natural birthing. This book is written by a Pilates Master teacher and certified doula and offers information on the exercises that are both safe and beneficial for birth preparation. Included are sections on the anatomy and physiology of pregnancy as well as tips on breathing and relaxation as tools for labor and delivery. Carolyne Anthony has inspired many instructors around the world with her vision of educating women about the benefits of birthing naturally. She has done this through the medium she understands the best- exercise. Her experience as a Pilates instructor and professional dancer coupled with her training as a birth doula have made this a must read book for both pilates teachers and pregnant women.

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