

# Yoga4mothers Week 14 of Pregnancy (Pregnancy Yoga Ebooks)



Stay healthy with your baby, prepare for labor and get ready for a great figure after childbirth. In this class we practice yoga postures and breathing adapted for week 14 of our pregnancy. We stretch out to create more space for our growing baby. The postures and breathing exercises that we practice in week 14 allow us to release tension and feel physically better ourselves.

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