



Meditation for Motherhood
By Yogi Brahmashamhara

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Category: Health/Pregnancy

Meditation for Motherhood

Gentle zen meditation for Conception, Pregnancy and Birth

"A rich tapestry of research and knowledge... woven together as a gift to those who read it."

– Hap P Hannan, bestselling author of *Look Who's Talking*

In the forthcoming book, *Meditation for Motherhood* (Rockpool Publishing, \$24.99), Australian meditation author Yogi Brahmashamhara provides mothers-to-be with a practical guide to Zen meditation throughout conception, pregnancy and birth.

Drawing upon thirty seven years of first-hand experience, Yogi offers over forty exercises for the different stages of pregnancy, along with descriptive pictures of key positions to achieve a sense of calm. He also shows how to overcome stress and anxiety, with advice on the correct breathing methods, and helpful techniques for visualisation and achieving mindfulness.

Meditation for Motherhood is an essential resource for new mothers and mothers-to-be looking for a holistic way to achieve a greater sense of wellbeing.

Additional Information

- Endorsed by Australian women's health expert Dr Margaret Gottlieb, MBBS(Hons) FRACGP DCH (MPsychMed) FAC PsychMed
- Written by meditation Author who studied under Zen master
- A guide on gentle 'zen' meditation for conception, pregnancy and birth
- Includes 43 exercises for the different stages of pregnancy and with 10 practical pictures of the different positions
- Author is excellent media talent and text extracts are available

About the Author

Yogi Brahmashamhara (Brahm) has practised Authentic Meditation for more than 37 years. In the mid '90s, he began teaching meditation and, today, the Meditation Sanctuary (set up and run by Brahm), attracts hundreds of students each year. The first Sanctuary was established in Leichhardt, Sydney, 15 years ago. Since then and with other teachers, further sanctuaries have been established in New South Wales at Epping, Rozelle, Annandale, Sydney CBD, Double Bay, and in Queensland at Cairns. Brahm's first book *Awakening, A practical guide to Zen Meditation*, was published in 2008.

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