

Easy rehabilitation with yoga



Romana Lorenz-Zapf,
Holger Zapf
Yoga after Pregnancy
[Yoga nach der
Schwangerschaft]
The best asanas for
rehabilitation and a strong
pelvic floor

Irisiana
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Romana Lorenz-Zapf has practiced yoga since 1997. Together with her husband she runs two yoga studios and trains yoga teachers. In her studios and workshops she teaches pre- and postnatal yoga and yoga for children. She combines the clarity of Ashtanga Yoga with the freedom of Vinyasa Yoga into a novel, gentler style that focuses more on individual needs. **Holger Zapf** is a qualified sports scientist and philosophy graduate and has been practicing yoga since 2004. He is registered with the AYA as an e-ryt 500 instructor and has attended various training seminars, including meditation, pranayama and anusara yoga. He is a specialist for yoga therapy, yoga anatomy and physiology and also teaches hatha yoga and

Yoga after pregnancy supports new mothers in their recovery and ensures that they return to a good balance both physically and mentally. Part 1 of the book explains in detail what happens during birth on the anatomical and energetic levels in the body, and also takes a look at the anatomy and function of the pelvic floor. Part 2 features 10 exercise sequences for a strong pelvic floor, more energy, mental stability, a flat stomach, an upright midsection, and a strong and healthy back. All exercises take between 10 and 15 minutes and can be done easily during daily life with baby.

- For all who want to start or continue yoga after pregnancy
- 10 short and effective exercise sequences, perfect for everyday life with baby

vinyasa power yoga to
beginners and advanced
students.