

## Silverlake Yoga Prenatal Yoga Teacher Training 2023

### BOOK LIST

- 1) *Essential Exercises for the Childbearing Year*; Elizabeth Noble, 4th edition, 1995.
- 2) *Your Pregnancy and Childbirth, Month to Month*; The American College of Obstetricians and Gynecologists, 5th edition or beyond.
- 3) *Manual of High Risk Pregnancy & Delivery*; Elizabeth Stepp Gilbert, 4th edition or beyond.
- 4) *Yoga Mama*; Linda Sparrowe, 2016
- 5) *Yoga Mama Yoga Baby*: Margo Shapiro Bachman, 2013
- 6) *Gentle Birth, Gentle Mothering*: Sarah J. Buckley, MD
- 5) *Pelvic Liberation*; Leslie Howard, 2017
- 6) Either *Yoga Anatomy* by Leslie Kaminoff, 2007 OR *Anatomy of Movement* by Blandine Calais-Germain, 1993.

All books can be purchased on Amazon.