



less than 3 hours! I could really feel the powerful effects of the breathing techniques and how they helped me deal with the contractions.

During my pregnancy with my son, I was approached by Mary Attwood who was the manager of the Life Centre at the time, to make a pregnancy Yoga DVD. We had so many requests at the centre and were always having to recommend American ones, so decided to make our own. 'Pregnancy Health Yoga with Tara Lee' is now being sold on Amazon and Yoga Matters amongst other places.

I am receiving testimonials from mothers all over Europe telling me how much the DVD has helped them during their pregnancies and labours.

I realise how fortunate I am to be teaching something that I absolutely love.

For details of Tara's classes and also to obtain a copy of her DVD, visit: www.taraleeyoga@gmail.com or www.alchemythecentre.co.uk. A review of Tara's DVD and special reader offer details appears on page 48 Photography by John Freeman..