

Health & Fitness

Pregnancy Health Yoga

★★★★★

Cert: E (£12.99)

Tara Lee gets the tone right in this comprehensive guide to the demands and challenges of exercising during pregnancy. She is calm, authoritative and thorough, with a beautiful quality of movement. There are modifications aplenty so that women with specific issues or bigger bumps can benefit from the safe and intelligent routines. The camerawork is clear, and the music by Wah! (no, nothing to do with Pete Wylie and Liverpool) never intrudes. Lee begins with breathing exercises, then moves through sitting, all-fours, standing and balancing postures. There's useful advice on preparation for labour and birth, and a guided visualisation from holistic obstetrician Dr Gowri Motha, creator of the Gentle Birth Method. Ideal for beginners and a valuable primer for any yoga practitioner, pregnant or not. Highly recommended. *Andrew Shields*
Extras None.