

# Pregnancy Health Yoga: Your Essential Guide For Bump, Birth And Beyond By Tara Lee;Mary Attwood

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Mary Attwood is the author of Pregnancy Health Yoga (4.32 avg rating, 22 ratings, 5 reviews, published 2012)

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Tara Lee is the UK's leading pregnancy yoga teacher, and teaches at London's The Life Centre. She is a trained doula (labour coach) and has been featured in many

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