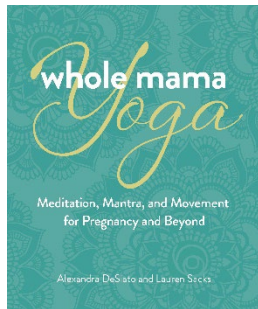


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FOR IMMEDIATE RELEASE

## **Process the Motherhood Experience Through the Lens of Yoga Using Exercises Outlined in *Whole Mama Yoga***



Boca Raton, FL, August 29, 2023 — People are drawn to yoga for its physical benefits, its ability to induce calm and presence, and its offering of spiritual depth. In their new book, *Whole Mama Yoga*, authors Alexandra DeSiato and Lauren Sacks cover all phases and stages of becoming and being a mother or birth parent — offering a way to extend yoga’s gifts and tools for all who parent.

On their inspiration for the book, Sacks says, “We are both fierce advocates for increased empowerment during pregnancy, in labor and throughout parenthood. Yoga offers a deeply intuitive way to connect to the wisdom inherent in our own body and experience. That powerful connection is what we hope to share through the sequences, philosophy and stories in *Whole Mama Yoga*.”

Accessible to those new to yoga, experienced practitioners and yoga teachers alike, *Whole Mama Yoga* offers tools for the entire journey of parenthood. It is for those just thinking about beginning a family, those in the early stages of pregnancy, those getting close to labor and delivery, and for moms and birth parents, navigating an entirely different world. This is a book to reference as children grow, change and become little (and big) people.

With yoga poses at the core of the text, yogi moms and instructors DeSiato and Sacks offer helpful information in movement offerings that meet all moms and birth parents where they are. Each chapter shares the wisdom of yoga through sections including:

**MOVE:** poses and sequences for each part of the parenting journey

**REFLECT:** grounding meditations and mantras

**BREATHE:** helpful breathing techniques and pranayama practices

**WISDOM:** yoga philosophy and lessons from perinatal and maternal wellness, mental health, Ayurveda, physical therapy and sleep experts as they apply to motherhood and parenthood

**RELATE:** a chance to hear from other moms and parents who have also used yoga poses and philosophy along their journeys

## About the Authors



Alexandra DeSiato and Lauren Sacks cofounded the Whole Mama Yoga collective, offering yoga classes to support fertility, pregnancy, and the postpartum and motherhood experiences. DeSiato, an expert in prenatal and postpartum yoga, coauthored *Lifelong Yoga* and *Teaching Yoga Beyond the Poses* and lives in Chapel Hill, NC, with her husband and daughter. Sacks is a perinatal and hatha yoga instructor with over 20 years of teaching experience and lives in Carrboro, NC, with her husband and two children.



For more information, visit their website at [wholemamayoga.com](http://wholemamayoga.com).

*Whole Mama Yoga: Meditation, Mantra, and Movement for Pregnancy and Beyond*

Publisher: HCI Books

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ISBN-13: 9780757324666

Trade Paperback, 240 pages

Available for pre-order

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Reviews, photos, links to previous interviews and Q&As are available upon request.

**Media Questions for *Whole Mama Yoga*  
By Alexandra DeSiato and Lauren Sacks**

1. You recently wrote a book, *Whole Mama Yoga*. How did the idea for this book develop?
2. Your book covers yoga for all stages of becoming and being a mother or birth parent. Can you tell us more about how the book is organized, and how this information can help readers?
3. What support does your book provide for mothers and birth parents?
4. How has yoga been helpful to each of you on your parenting journey?
5. Why is yoga a natural partnership for parenthood?
6. Isn't yoga just physical movements and poses?
7. In your book, you offer yoga sequences, meditation, breathing practices, expert opinions, and more. Can you tell us more about the book features, and how discovering them can help readers?
8. Do you have any advice for anyone trying to incorporate yoga into their pregnancy and parenting experience?