

# Mamas, Babies, & Boomers

As much as yoga changes your life, your yoga practice will change *with* your life. Here, great gear, advice, and accessories to help you along...

By Joanne Van Zuidam



## FOR YOGA MAMAS

### Top home workouts for pregnancy

With so many styles of yoga out there, why should your prenatal practice be limited to just one? Luckily, a slew of new DVD titles tailor your favorite class to your new body. If you like...

- **Kundalini**, go for *Anna Getty's The Divine Mother Prenatal Yoga* series. \$22, [amazon.com](http://amazon.com)
- **Pilates/yoga fusion**, pop in the *Tracey Mallet 3-in-1 Pregnancy System* DVD. \$20, [traceymallet.com](http://traceymallet.com)
- **Power yoga**, try *Mark Blanchard's Progressive Power Yoga for Pregnancy*. \$23, [marksyoga.com](http://marksyoga.com)

### A pampered pregnancy

A nine-month must-have: a rich moisturizer to protect against stretch marks, swelling, dry skin, and itchiness. Bella Mama's all-natural Belly Butter contains skin-toning aloe-vera, itch-reducing oat extract, and a blend of essential oils to lift spirits. \$11 to \$22, [bellamama.com](http://bellamama.com)

### On a roll

Who knew a fitness ball could calm a colicky baby? Balanced on a stability stand, the Baby Bouncy allows you to sit and soothe your newborn—typically, an impossible task at 3 a.m.! Body bonus: The simple act of sitting on the ball helps engage the abdominals, sneaking in a little post-natal exercise. Later, use the ball for support in backbends when you need the energy lift! \$40, [babybouncy.com](http://babybouncy.com)

