



## Gimnasia para embarazadas PreparaciÃ n al parto RespiraciÃ n Gimnasia de posparto Spanish Edition

By Sabine Buchholz

Universe. Paperback. Book Condition: New. Paperback. 108 pages. Dimensions: 9.2in. x 6.2in. x 0.3in. El engendramiento, el embarazo, el nacimiento, el tiempo de recuperaciÃ n despues del parto (el puerperio) y el tiempo de involucin, son unas hechos que se pueden concebir cientficamente, pero que tambien nos incluyen milagrosamente en el suceso de la creacin, en el curso eterno del nacer y morir. Esperar un hijo y traerlo al mundo, es un proceso que afecta al hombre en su totalidad, es decir, no slo exige las fuerzas del cuerpo, sino tambien las espirituales y psquicas. Por esto, es tan importante prepararse tanto fsica como psquicamente para el parto. Cada vez ms las futuras madres desean prepararse activamente para el parto de su hijo durante el embarazo. La gimnasia para embarazadas es una manera ideal de preparar el cuerpo para esta tarea tan difcil. Este libro le presenta un programa de ejercicios pensado para este tipo de gimnasia y adems le ofrece los conocimientos bsicos sobre el transcurso de las distintas fases del parto. Si la futura madre aprende las mejores tcnicas de respiracin -descritas detalladamente en el presente libro- tambien un parto fcil con pocos dolores le ser posible. Al final del libro...



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