



**Mother's Breath** and a set of three audio CDs with full guidance for all the Mother's Breath practices are available from:

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## The Author

Uma Dinsmore-Tuli Ph.D., born in London in 1965, is the mother to two sons, both born at home in the Sitaram yoga space. She was first introduced to yoga practice at the age of four through her mother's enthusiasm for the TV series 'Yoga for Health', and began teaching yoga in Camberwell in 1994. For ten years, Uma juggled work as a journalist and college lecturer with her yoga teaching activities, but eventually gave up the day jobs when she found that yoga and mothering gave her more than enough to handle.

She is a recognised teacher of the British Wheel of Yoga, with a doctorate in communications from Goldsmiths' College, University of London, her diploma in yoga therapy is from the Yoga Biomedical Trust (YBT). She is a qualified Breastfeeding Counsellor for the National Childbirth Trust and has trained pregnancy yoga teachers for the Yoga Biomedical Trust and The Birthlight Trust. She currently offers her pregnancy yoga module through The Life Centre Education where she also provides her Early Years Yoga training programme and is a tutor for The Life Centre/YBT Yoga Therapy Foundation Course.

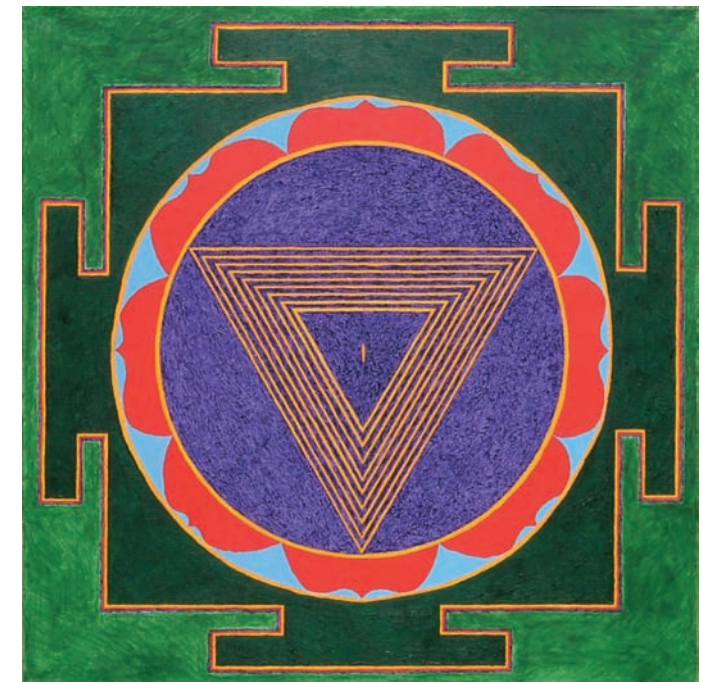
She co-founded the Sitaram Partnership with her husband Nirlipta in 1998 to provide yoga for expectant mothers and workshops for yoga teachers.

Uma's understanding and approach to the practices and guidance presented in *Mother's Breath* have been developed and refined over many years through her experience as a yoga teacher and trainer of pregnancy, post-natal and baby yoga teachers.

Uma co-organises the annual women's yoga retreat Shakti Rising and the annual summer yoga gathering Santosa. She is the author of *Feel Confident: Yoga for Living* (Dorling Kindersley, 2002) and is currently working on a book about the synchronous harmony of breath, sound and mudra in asana practice. Uma lives in Brixton Hill, South London with her husband and sons.

# Mother's Breath

A DEFINITIVE GUIDE TO YOGA BREATHING,  
SOUND AND AWARENESS PRACTICES  
FOR PREGNANCY, BIRTH, POST-NATAL RECOVERY  
AND MOTHERING



**Uma Dinsmore-Tuli**

SITARAM AND SONS



## Mother's Breath



A fully revised and expanded edition of the popular reference text *Perinatal Pranayama*, this book presents yoga's remarkable potential for transformation and healing in the lives of expectant mothers, mothers and their babies and young children. It describes simple and effective ways for mothers to follow the promptings of their heart and make changes to their breath and energy awareness in order to meet the demands of mothering more peacefully, creatively and harmoniously.

- For mothers and expectant mothers, including those who have never practiced yoga before.
- Practical tools to respond creatively and positively to the challenges of pregnancy, birthing and mothering in the twenty-first century.
- For yoga teachers, yoga therapists, midwives and healthcare professionals working with pregnant, labouring and post-natal women.
- A textbook and reference on yoga breathing for women which is designed to accompany learning and training courses in this field.
- Easy to follow practical instructions for yoga breath and sound practices for pregnancy, birth, post-natal recovery and mothering.
- Guidelines for appropriate yoga practice during and after pregnancy.
- Case studies of the practical application of yoga breath and sound practices for mothers.
- Birthing and Healing Breath practices.
- Guidance on the practical application of pranayama in daily life.

## What they had to say:

'There is a real need for a book like this. There are numerous yoga and pregnancy books on the market, but none of them addresses working in depth with the breath. *Mother's Breath* fills the gap, and mothers and babies will benefit incalculably from these beautiful practices.'

**Dr Ruth Gilmore**, Senior anatomy and physiology tutor  
Life Centre and Yoga Biomedical Trust

'Uma's book is completely aligned with Classical Yoga guidelines. In fact, it is the first book that I can recommend on pranayama as well as the first book I would recommend on prenatal yoga.'

**Mukunda Stiles** - Foreword  
Author of *Structural Yoga Therapy* (Weiser, 2000)

'This much needed book gives its due place to the simple and profoundly effective transformational power of conscious breathing, written for women through their journey into motherhood. Drawing on the fiery tantric energy of the Bhairavi aspect of the Goddess, Uma reconciles the classical Pranayama regulating breathing practices with the spontaneous experience of the divine in the stillness within the flow, in the fullness of the breathing circle. This is no less than a tour de force that draws together an authentic distillation of experience and observation over many years with a comprehensive review and pointed exegesis of relevant texts in both the classical and modern literature. Instructions are clear to mothers or teachers alike on different levels. Many lively testimonies convey the ease, the rewards and the usefulness of the practices during pregnancy, in labour and postnatally. Mother's breath, the bridge between maternal and baby consciousness before and after birth, also naturally aligns everyday experiences with the core principles of Yoga; this is beautifully brought home in this book. The integration of Pranayama, Nada, Mudra, Mantra, Yantra and Karma Yoga that Uma has developed and tested both nurtures and empowers.

**Francoise Freedman**, Director of Birthlight Trust  
Author of *Yoga for Pregnancy, Birth and Beyond*  
(Dorling Kindersley, 2004).

'Uma is a dedicated mother and it was a pleasure to experience her willingness to trust and surrender her body to yoga and childbirth. Uma is a living workshop on "birth" and her essence will inspire mothers who seek her guidance during pregnancy and birth.'

**Gowri Motha**, Obstetrician  
Author of *The Gentle Birth Method* (HarperCollins, 2004)

'This is the only book I have read that speaks authentically about the deep connection of the Breath for the mother – be it in pregnancy, childbirth or everyday life. Uma's intention is more than anything to help women to rediscover the power of the Breath within themselves. The Pranayama practices that Uma has refined so beautifully for the purpose, are simply there to support this discovery. Reading this book I am left with a sense of something that is uniquely feminine and very beautiful; something that is deeply powerful and yet so simple; something that has to be practised before it can be realised.'

**Judy Cameron**, Midwife, Tutor for YogaBirth Teacher Training  
and British Wheel of Yoga Pregnancy Module

'Breath is a vital resource we all carry within us from the moment of our birth, and Uma offers techniques and insights as to how we can recognise this. *Mother's Breath* is both a fascinating read and a sparkling, practical manual on how we can become fully present to the breath and so ease the perceived problems of pregnancy, birth and, vitally, the mothering months and years. The book is packed with anecdotes of Uma's personal experience and those of her students, friends, colleagues and midwives, backed up with research-based references and all preserved in the Yoga Tradition. I hope this book will inspire and include all who touch it.'

**Wendy Teasdill**, British Wheel of Yoga Tutor  
Diploma Course and Pregnancy Yoga Module  
Author of *Yoga for Pregnancy* (Gaia: 2005)

'Uma has found fascinating similarities between the changes that I have described when women become mothers, and different ways of breathing in *Mother's Breath*. She has built a bridge to enable new mothers to find a doorway to Yoga.'

**Naomi Stadlen**, Psychotherapist and breastfeeding counsellor  
Author of *What Mothers Do* (Piatkus, 2004)

'Breathing is a way of getting rid of the old and taking in the new nothing demonstrates this better than the birth process. The ability to take in and let go on a physical as well as emotional level are exactly the qualities a mother needs to fulfill her role.

In Chinese medicine the lungs, which are the source of the breath, are said to house the corporeal soul. The corporeal soul is seen as a direct manifestation of the breath of life, which enters a person from the mother during the journey down the birth canal. It is at this moment that the woman learns the courage to be a mother and the child inherits at least part of its soul from the mother.'

**Emma Cannon**, Acupuncturist and fertility advisor