



*yGuide with Great Pregnancy Yoga*

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The creators of yGuide, PC software designed to help yogis plan and customize personal practice sessions, have added another user-friendly program: one to uplift, revitalize, and relax the pregnant yogini. This program's standout feature is that it provides thoughtful, creative, and safe options for all three trimesters, or stages, of pregnancy. As with other yGuide software, this one draws on teacher Laura Armenta's refined knowledge of asana and many styles of yoga.

To use the program, you first select a class from one of the pre-designed templates. The software has an impressive range of templates accommodating the different trimesters, energy levels, moods and busy schedules of a mother-to-be. Templates include restorative, flow, and partner classes, labor preparation, and session lengths varying from 30-90 minutes. Each class included detailed instruction and photos, and can be modified by adding or deleting asanas or choosing a suitable variation. You can log each class into a journal, print a copy as a study guide, or run moving images of the asanas as a "slide show".

Many of the templates include gentle modifications of traditional asanas using a chair, a wall, or props. The more active asana sequences gracefully build heat without taxing the body. Used in conjunction with a knowledgeable instructor, this program can be a wonderful educational tool as well as a profound way to honor the body during all phases of pregnancy.

by Amanda Ackerman

Amanda is a Los Angeles based writer, yoga instructor and flower essence therapist.

PC software in Standard, Content, and Professional Packs ranges from \$16.95 to \$59.95. Downloads also available. Visit [www.yoga-software.com](http://www.yoga-software.com).

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