



yGuide Great Pregnancy Yoga

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yGuide's pregnancy practice software contains the same click-to-create-your practice features that come with all of their various editions. The pregnancy CD features an unsurprisingly pregnant model who clearly demonstrates a myriad of useful variations, including downward facing dog with hands on a chair and seated twists, also using a chair as a prop. Each step in the process is pictured along with benefits and comments. I found this easy to use and even set it up on my computer for workday yoga breaks. Mothers-to-be don't have to complete a full practice, but can pick and choose from the software's multiple options or can orchestrate a complete sequence. The user-friendly software is easy for even the most computer-frightened mom-to-be. yGuide also keeps updating their software, so it never gets dusty.