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## HEALTH HOTLINE PREGNANCY

BY MERYL DAVIDS LANDAU

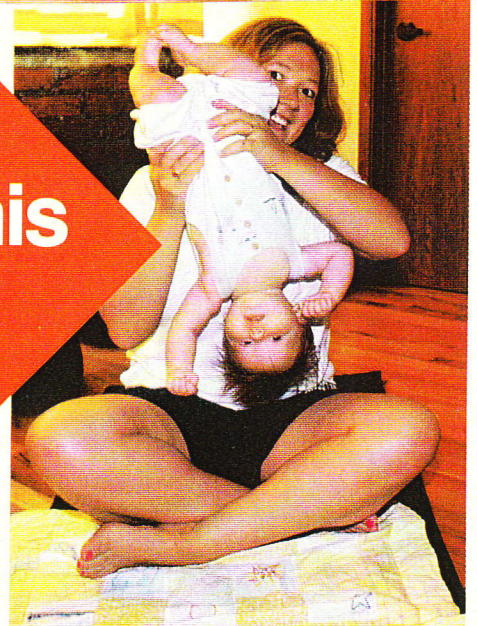
### Is it okay to do this with my baby?

A

CTUALLY, YOGA'S NOT ONLY SAFE, BUT IT CAN ALSO BE A great way for you and your newborn to bond. A growing number of yoga centers have added postpartum classes to their popular prenatal offerings. The Yoga Baby program at New

York City's Goodson Parker Wellness Center, for example, has mom gently guiding baby through Cobras and Spinal Twists, while getting her own moves in when junior rests. "When you connect with your child through yoga, you develop an intuition about what your baby is feeling," says DeAnsin Goodson Parker, Ph.D., a developmental psychologist who created the program and wrote *Yoga Baby* (Broadway Books). Pediatricians say that as long as you support a baby's neck and

don't shake or force her into awkward positions, gentle yoga could actually be good for a baby. "For centuries, adults have reaped physical and mental gains from yoga," says Lawrence Palevsky, M.D., a pediatrician at Beth Israel Medical Center's Continuum Center for Health and Healing in New York City. "Why shouldn't infants get those benefits?" However, if you're turning your baby upside down, do so gently and hold only a few seconds; to be extra cautious, skip this if she's younger than a year or has eye problems.



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