



Rajashree's Pregnancy Yoga is a unique and complete learning experience. It includes both a DVD and an audio CD. The DVD allows you to see the entire series of postures practiced by Rajashree and students at different stages of pregnancy. Through Rajashree's commentary, you learn about the postures and how to perform them correctly. The Audio CD enables you to practice on your own. It's like being in a class led by Rajashree herself.

"Yoga seems to have several beneficial effects on pregnancy. Studies have indicated that birth weight of newborns were increased for women who performed Yoga when compared with women who did not perform Yoga but instead walked half an hour twice a day during the study period. Also, complications of pregnancy such as pregnancy-induced high blood pressure, babies whose growth is restricted in the uterus, and babies who are delivered earlier than their due dates, showed a lower trend in the Yoga group. As each individual is different, it would be important for each pregnant woman to check with her obstetrician to verify that they can perform Yoga."

Gautam Chaudhuri, M.D., Ph.D.
Professor and Executive Chair
Jill Satorie, M.D.
Assistant Professor
Department of Obstetrics and Gynecology
David Geffen School of Medicine at UCLA



Rajashree Choudhury

Rajashree was born and raised in Kolkata (Calcutta), India. She began her hatha yoga training at the age of 4. By the age of 11 she was winning competitions and undertaking the systematic study and practice of yoga. Her teachers were Kushala Das and Dr. P.S. Das who were trained by the legendary Bishnu Ghosh, younger brother of the world famous spiritual leader, Paramahansa Yogananda, founder of Self Realization Fellowship. Rajashree studied all aspects of yoga, receiving her certification in the "Application of Hatha Yoga Therapy for Chronic Diseases and Disorders". She continued to refine her practice and was the unbeaten five-time winner of both the All-India Yoga Championship and the National (India) Yoga Championship. In 1984, Rajashree married Bikram Choudhury, the world renowned hatha yoga master, who is famous for his system of therapeutic hatha yoga postures -- Bikram Yoga. Together, they teach at Bikram's Yoga College of India in Los Angeles, California and conduct seminars throughout the world. Rajashree co-manages the semi-annual Bikram Yoga Teacher Trainings and is mother of two children, Laju and Anurag. It was during her own pregnancies that Rajashree developed her Pregnancy Yoga.

The yoga poses and breathing exercises in this video are not suitable for all pregnant women. Consult your doctor before beginning this or any exercise program. The instruction presented is in no way intended as a substitute for medical counseling.