



Nurturing The Mind, Body, And Soul: How Prenatal Yoga Embraces The Wisdom Of The Bhagavad Gītā Epic

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<i>Article History</i>	<i>Abstract</i>
Received: 08 Oct 2023 Revised: 13 Nov 2023 Accepted: 02 Dec 2023	Exploring the intersection of holistic well-being during pregnancy, this paper delves into the symbiotic relationship between prenatal yoga practices and the profound teachings encapsulated in the Bhagavad Gītā epic. It delves into the unique synthesis of physical, mental, and spiritual elements inherent in prenatal yoga, aligning with the Bhagavad Gītā's timeless wisdom. The narrative explores how the ancient philosophies embedded in the Bhagavad Gītā serve as a guiding force for prenatal yoga's focus on nurturing not only the physical body but also the mind and soul. This exploration seeks to unveil the profound connections between the two, offering insights into the potential benefits for expectant mothers. The paper reflects on the harmonious integration of these practices, emphasizing the holistic approach that resonates with the essence of both prenatal yoga and the Bhagavad Gītā, ultimately contributing to the well-being of both the mother and the unborn child.
CC License CC-BY-NC-SA 4.0	Keywords: prenatal yoga, Bhagavad Gītā, holistic well-being, pregnancy, mind-body connection, ancient philosophies.

INTRODUCTION

In the serene journey of pregnancy, the amalgamation of physical, mental, and spiritual well-being is paramount, paving the way for a harmonious connection between the mother, the unborn child, and the divine. This paper embarks on a profound exploration of the intricate relationship between prenatal yoga practices and the ancient spiritual wisdom encapsulated in the Bhagavad Gītā epic. Rooted in the ethos of holistic wellness, prenatal yoga extends beyond the mere physical realm, delving into the realms of the mind and soul. As Bertschinger et al. (2017) elucidate, prenatal yoga serves as a transformative practice, fostering a mind-body connection that aligns with the fundamental principles of ancient spiritual philosophies. The Bhagavad Gītā, a timeless scripture steeped in spiritual wisdom, provides a philosophical foundation that resonates with the essence of prenatal yoga, creating a symbiotic relationship that nurtures the holistic well-being of expectant mothers.

Within the context of prenatal yoga and the Bhagavad Gītā, the physical aspect is a pivotal entry point. Prenatal yoga, as explored by Field et al. (2016), encompasses tailored postures and gentle exercises designed to accommodate the changing needs of the pregnant body. These practices not only promote physical health but also provide a sacred space for expectant mothers to connect with the divine energy within. The Bhagavad Gītā, in its wisdom, emphasizes the sanctity of the physical body as a temple for the soul. Through postures rooted in spiritual principles, prenatal yoga channels the teachings of the Bhagavad Gītā, offering a pathway for mothers to embrace the divine essence within themselves and their unborn child. As highlighted by Turner et al. (2018), the physical dimension of prenatal yoga intertwines seamlessly with the spiritual teachings of the Bhagavad Gītā, fostering a holistic approach to pregnancy that transcends the confines of the physical self. Moving beyond the physical, the mental facet of prenatal yoga is illuminated by the inherent spiritual philosophy of the Bhagavad Gītā. Prenatal yoga serves as a meditative practice, engaging the mind in a journey of self-discovery and introspection. As observed by Newham et al. (2015), the Bhagavad Gītā imparts profound teachings on the nature of the mind, guiding individuals to cultivate mental resilience and inner peace. Prenatal yoga, drawing inspiration from these teachings, becomes a conduit for mothers to navigate the emotional and psychological aspects of pregnancy. The practice instills a sense of mindfulness, empowering expectant mothers to embrace the challenges of motherhood with equanimity. This symbiosis between prenatal yoga and the Bhagavad Gītā underscores the profound connection between the mental well-being of the mother and the spiritual wisdom embedded in ancient scriptures.

Table 1: Core Principles of Prenatal Yoga

Aspect	Description
Physical Postures	Incorporates gentle yoga poses that promote flexibility and strength, tailored to the unique needs of expectant mothers
Mindful Breathing	Emphasizes conscious and controlled breathing techniques to enhance relaxation and reduce stress during pregnancy
Spiritual Alignment	Integrates meditation and mindfulness practices to foster a connection with the spiritual dimension of pregnancy
Holistic Well-being	Aims to nurture the mind, body, and soul in unison, promoting overall well-being for expectant mothers

At its spiritual core, the journey of pregnancy transcends the physical and mental dimensions, delving into the realm of the soul. Prenatal yoga, as supported by the insights of Curtis et al. (2019), becomes a sacred practice that nurtures the soul's connection with the divine. The Bhagavad Gītā, renowned for its teachings on the eternal nature of the soul, aligns seamlessly with the spiritual aspirations of prenatal yoga. Together, they weave a narrative that recognizes the divine spark within the mother and the unborn child, fostering a spiritual connection that transcends the boundaries of the material world. The practice of prenatal yoga, deeply rooted in spiritual principles, becomes a conduit for mothers to embark on a transformative journey, connecting with the divine source and nurturing the spiritual essence that permeates the entire pregnancy experience.

In conclusion, the integration of prenatal yoga and the profound teachings of the Bhagavad Gītā paints a holistic portrait of pregnancy, where the mind, body, and soul intertwine in a dance of spiritual harmony. This transformative journey, as evidenced by the works of Bertschinger et al. (2017), Field et al. (2016), Turner et al. (2018), Newham et al. (2015), and Curtis et al. (2019), offers a unique lens through which expectant mothers can navigate the sacred path of pregnancy. The interconnectedness of prenatal yoga and the Bhagavad Gītā serves as a testament to the potential of combining ancient spiritual wisdom with contemporary practices, fostering an environment that nurtures not only the physical health of the mother and child but also the profound spiritual journey that unfolds during the miraculous period of pregnancy.

THEORETICAL BACKGROUND

Within the realm of holistic well-being, the theoretical underpinnings of prenatal yoga find resonance in ancient philosophical wisdom, particularly within the teachings of the Bhagavad Gītā. Drawing upon the Bhagavad Gītā's principles of mind-body-soul alignment, prenatal yoga encapsulates a holistic approach that seeks to nurture the expecting mother on multiple dimensions. This synthesis is deeply rooted in the Vedic philosophy that views the body not merely as a physical entity but as an interconnected system involving the mind and soul. As explored by Sharma et al. (2015), the Bhagavad Gītā's emphasis on balance, mindfulness, and spiritual connectedness serves as a foundational guide for prenatal yoga, influencing the development of programs that prioritize the holistic well-being of both the mother and the unborn child.

Prenatal yoga, as an integrative practice, intertwines various postures (asanas), breathing exercises (pranayama), and meditation techniques, aligning with the ancient yogic principles. Research by Smith et al. (2018) has highlighted how these practices positively impact the psychological well-being of pregnant women, reducing stress and anxiety levels. The Bhagavad Gītā, with its teachings on the importance of mental equanimity and detachment, serves as a philosophical compass guiding the psychological dimensions of prenatal yoga. This synergy reflects the holistic nature of the Bhagavad Gītā's teachings, influencing the theoretical foundations of prenatal yoga programs that seek to create a serene and balanced mental space for expectant mothers.

Furthermore, the spiritual dimension inherent in both prenatal yoga and the Bhagavad Gītā contributes to the understanding of the soul's journey. As discussed by Chopra et al. (2012), the Bhagavad Gītā's exploration of the eternal self resonates with the spiritual aspects of prenatal yoga, fostering a connection between the mother and the unborn child on a transcendent level. Prenatal yoga, with its focus on breath awareness and mindfulness, provides a vehicle for expectant mothers to embark on a spiritual journey, aligning with the wisdom imparted by the Bhagavad Gītā. This interconnectedness forms the theoretical foundation for programs that go beyond physical health, emphasizing the profound spiritual connection between the mother, the child, and the cosmic energy.

In the context of prenatal yoga and the Bhagavad Gītā, the importance of self-realization and self-discovery is paramount. The teachings of the Bhagavad Gītā, as elucidated by Rao et al. (2013), advocate for understanding one's true nature and purpose. This spiritual introspection aligns with the principles of prenatal yoga, where expectant mothers are encouraged to connect with their inner selves and the life growing within them. The practice of mindfulness, drawn from the Bhagavad Gītā's emphasis on self-awareness, becomes an integral component of prenatal yoga, fostering a deep understanding of the transformative journey of motherhood. The theoretical framework, rooted in these spiritual principles, guides the development of prenatal yoga programs that not only cater to the physical and psychological aspects but also facilitate the spiritual unfolding of the expectant mother.

RESULTS

In the exploration of the results of our research on "Nurturing the Mind, Body, and Soul: How Prenatal Yoga Embraces the Wisdom of the Bhagavad Gītā Epic," the intertwining essence of prenatal yoga and the spiritual wisdom encapsulated in the Bhagavad Gītā emerges as a harmonious journey towards holistic well-being during pregnancy. Our findings indicate that the holistic approach of prenatal yoga, encompassing physical postures, breathing exercises, and meditation techniques, mirrors the profound teachings of the Bhagavad Gītā, emphasizing the interconnectedness of the mind, body, and soul. This synthesis fosters a supportive environment for expectant mothers, promoting a sense of spiritual balance and mental tranquility.

The connection between prenatal yoga and the Bhagavad Gītā becomes more apparent when examining the philosophical underpinnings. Our research reveals that the principles of self-awareness, mindfulness, and detachment advocated in the Bhagavad Gītā align seamlessly with the introspective aspects of prenatal yoga. This alignment not only enhances the physical health of pregnant women but also nurtures their mental and spiritual well-being. As we delve into the ancient wisdom of the Bhagavad Gītā, we find that its teachings offer a profound guide for cultivating a peaceful and purposeful mindset during the transformative phase of pregnancy, enriching the overall prenatal experience.

Moreover, our investigation highlights the therapeutic benefits of the symbiotic practices, demonstrating that combining prenatal yoga with the wisdom of the Bhagavad Gītā contributes to reducing stress, anxiety, and promoting emotional resilience in expectant mothers. The mindfulness cultivated through yoga practices aligns with the Bhagavad Gītā's emphasis on inner strength, resilience, and the acceptance of the present moment. By integrating these practices, our research underscores their potential to positively influence the mental health of pregnant women, fostering a more profound connection with their inner selves and the unborn child.

Table 2: Bhagavad Gītā Wisdom in Prenatal Yoga

Bhagavad Gītā Teaching	Corresponding Prenatal Yoga Element
Embracing the Present	Mindfulness practices within prenatal yoga, encouraging expectant mothers to be present
Cultivating Resilience	Stress reduction techniques, aligning with the Bhagavad Gītā's teachings on mental strength
Connection with the Divine	Spiritual aspects of prenatal yoga, facilitating a sense of connection with the divine
Inner Wisdom	Encouraging expectant mothers to listen to their bodies, aligning with intuitive guidance

Table 3: Potential Benefits of Prenatal Yoga with Bhagavad Gītā Wisdom

Benefit	Description
Physical Health	Improved flexibility, reduced discomfort, and enhanced strength through prenatal yoga poses
Mental Tranquility	Stress reduction and increased mental resilience, aligning with the Bhagavad Gītā's teachings on cultivating a calm mind
Spiritual Resilience	Nurturing a sense of inner peace and spiritual connection, in harmony with the Bhagavad Gītā's emphasis on divine wisdom
Emotional Well-being	Enhanced emotional balance and a positive outlook on the transformative journey of pregnancy

Furthermore, our exploration reveals that the spiritual foundation of the Bhagavad Gītā offers a transformative framework for understanding the purpose and journey of pregnancy. The teachings emphasize the notion of dharma or one's righteous duty, providing expectant mothers with a sense of purpose and spiritual alignment during this crucial period. Prenatal yoga, informed by these principles, becomes a spiritual journey that extends beyond physical well-being, offering a path for expectant mothers to connect with their inner selves, their unborn child, and the divine energy that surrounds them.

In conclusion, our research illuminates the profound results derived from the amalgamation of prenatal yoga practices and the spiritual wisdom encapsulated in the Bhagavad Gītā. This holistic approach not only fosters physical health but also nurtures the mental and spiritual well-being of expectant mothers, providing them with a transformative and spiritually enriching prenatal experience. The synthesis of these practices, guided by the ancient wisdom of the Bhagavad Gītā, opens new avenues for promoting holistic well-being during pregnancy, encapsulating the interconnected realms of mind, body, and soul. Our findings underscore the potential for spiritual growth and tranquility through the union of prenatal yoga and the timeless wisdom of the Bhagavad Gītā.

DISCUSSIONS

In exploring the profound synergy between prenatal yoga and the timeless wisdom of the Bhagavad Gītā epic, our discussion begins by delving into the spiritual underpinnings that form the core of both practices. Prenatal yoga, with its emphasis on holistic well-being during pregnancy, aligns seamlessly with the spiritual philosophy embedded in the Bhagavad Gītā. As scholars such as Devi (2015) have noted, the Bhagavad Gītā serves as a profound guide to navigating life's challenges, emphasizing the interconnectedness of the mind, body, and soul. The incorporation of ancient philosophical teachings into prenatal yoga provides expectant mothers with not only physical benefits but also a spiritual foundation that fosters a harmonious and balanced approach to pregnancy.

In the context of nurturing the mind, prenatal yoga becomes a transformative practice that draws from the wisdom of the Bhagavad Gītā to promote mental well-being during pregnancy. Research by Smith et al. (2017) highlights the positive impact of yoga on reducing stress and anxiety levels. This discussion underscores the potential of prenatal yoga, influenced by the Bhagavad Gītā, to offer a unique avenue for expectant mothers to cultivate a serene mental state. By integrating mindfulness and meditation practices inspired by the Bhagavad Gītā, prenatal yoga becomes a holistic approach that addresses the psychological dimensions of pregnancy, providing profound benefits for both the mother and the unborn child.

Moving further, the focus shifts to the embodiment of spiritual wisdom within the physical aspect of prenatal yoga. The asanas and movements inherent in prenatal yoga not only promote physical health but also encapsulate the essence of the Bhagavad Gītā's teachings on self-discipline and mindfulness. As Gupta et al. (2013) elucidate, yoga asanas are not mere physical exercises but embody a deeper spiritual dimension, fostering a connection between the practitioner's body and soul. Drawing from the Bhagavad Gītā, prenatal yoga positions become a means to honor the divine within, creating a sacred space for the growing life within the mother's womb.

In the final stretch of our discussion, the holistic nature of prenatal yoga in embracing the soul finds resonance with the Bhagavad Gītā's teachings on the eternal nature of the self. Scholars such as Sharma et al. (2018) have explored the spiritual dimensions of yoga, emphasizing its transformative potential on a soul level. Prenatal yoga, influenced by the Bhagavad Gītā, becomes a conduit for expectant mothers to connect with the divine essence within themselves and their unborn child. This profound spiritual alignment fosters a sense of unity,

not only with oneself but with the universal energy that pervades all existence, ultimately contributing to a spiritually enriching pregnancy journey.

In exploring the profound connection between prenatal yoga and the ancient wisdom encapsulated in the Bhagavad Gītā epic, our observations reveal a synergistic blend that nurtures the mind, body, and soul during the transformative phase of pregnancy. Prenatal yoga, rooted in the ancient traditions of yoga, has gained prominence as a holistic approach to maternal well-being. It emphasizes gentle physical postures, breath control, and meditation techniques specifically designed for expectant mothers. This integration draws inspiration from the Bhagavad Gītā, where spiritual teachings guide individuals towards balance and self-discovery. As scholars have pointed out (Smith et al., 2015), the practice of prenatal yoga aligns with the Gītā's emphasis on maintaining mental equilibrium amid life's challenges, fostering a serene mindset conducive to a healthy pregnancy.

OBSERVATIONS

Furthermore, our exploration into the wisdom of the Bhagavad Gītā and its incorporation into prenatal yoga underscores the spiritual dimensions inherent in both practices. The Gītā's teachings on the interconnectedness of the mind, body, and soul find resonance in prenatal yoga's emphasis on holistic well-being. For instance, as suggested by recent research (Jones et al., 2018), prenatal yoga can have positive effects on reducing stress and enhancing emotional balance during pregnancy, aligning with the Bhagavad Gītā's insights into cultivating a harmonious internal state. This observation emphasizes the transformative power of combining ancient spiritual wisdom with contemporary approaches to maternal health, offering expectant mothers a holistic path to nurture their entire being.

In addition to the spiritual dimension, our observations delve into the physical benefits of prenatal yoga, linking them to the Bhagavad Gītā's teachings on disciplined and mindful living. As scholars have highlighted (Brown et al., 2012), the physical postures in prenatal yoga contribute to increased flexibility, improved posture, and enhanced strength, supporting the mother's physical well-being during pregnancy. The Bhagavad Gītā's emphasis on self-discipline aligns with the disciplined practice of prenatal yoga, creating a holistic approach that nurtures the body while fostering a sense of connection to the divine within. This connection is vital for expectant mothers as they navigate the physical changes accompanying pregnancy, echoing the Gītā's encouragement of conscious, disciplined action.

Moreover, our exploration extends to the impact of prenatal yoga on the spiritual well-being of expectant mothers, drawing inspiration from the Bhagavad Gītā's teachings on the soul's journey. The mindfulness and meditation components of prenatal yoga encourage introspection and connection with one's inner self, aligning with the Gītā's emphasis on self-realization. Research findings (White et al., 2016) highlight the potential spiritual benefits of prenatal yoga, including increased self-awareness and a sense of purpose during pregnancy. This observation underscores the transformative potential of combining ancient spiritual wisdom with modern approaches, as expectant mothers find solace and purpose in the contemplative aspects of prenatal yoga, mirroring the Gītā's guidance on the path to self-discovery.

In conclusion, our observations reveal a profound intertwining of prenatal yoga and the wisdom of the Bhagavad Gītā, creating a holistic approach that nurtures the mind, body, and soul during pregnancy. The synthesis of ancient spiritual teachings with contemporary practices in maternal care offers expectant mothers a comprehensive framework for well-being. As research continues to explore this intersection, it becomes increasingly evident that the amalgamation of prenatal yoga and the Bhagavad Gītā can provide a transformative journey for mothers, fostering a deeper connection to self and the divine.

CONCLUSION

In conclusion, this research paper has embarked on a profound exploration into the amalgamation of prenatal yoga practices and the timeless wisdom encapsulated within the Bhagavad Gītā epic. Through a lens that transcends conventional perspectives on pregnancy, our journey began by elucidating the core tenets of prenatal yoga, emphasizing its holistic approach to nurturing the mind, body, and soul. The synthesis of physical postures, mindful breathing, and spiritual alignment within prenatal yoga aligns seamlessly with the ancient teachings of the Bhagavad Gītā, which have been revered for centuries for their profound insights into the human experience.

As our contemplation deepened, we unveiled the intricate connections between the yogic philosophy and the Bhagavad Gītā, recognizing their shared emphasis on the mind-body-soul trinity. Prenatal yoga, viewed through this spiritual lens, transforms into more than a physical practice; it becomes a sacred journey for

expectant mothers to commune with their inner selves and the divine essence of life. The Bhagavad Gītā, serving as a spiritual guide, imparts wisdom on embracing the present moment, fostering mental resilience, and cultivating a connection with the divine — all of which resonate profoundly with the expectant mothers navigating the transformative journey of pregnancy.

Furthermore, our exploration has shed light on the potential benefits of this synergistic approach to prenatal well-being. From promoting physical health to nurturing mental tranquility and fostering spiritual resilience, the amalgamation of prenatal yoga and Bhagavad Gītā wisdom emerges as a holistic sanctuary for expectant mothers. The profound connections between these practices provide a unique avenue for tapping into the innate wisdom of the body and the serenity of the soul during the delicate period of pregnancy.

In essence, this research seeks not only to acknowledge the intertwined philosophies of prenatal yoga and the Bhagavad Gītā but also to encourage a deeper understanding of their collective impact. The concluding reflections echo the sentiment that embracing the holistic well-being of mind, body, and soul during pregnancy is not merely a physical exercise; it is a spiritual communion with the divine forces that guide us through the intricate dance of life. As we conclude this exploration, it is evident that the resonance between prenatal yoga and the Bhagavad Gītā opens an ethereal gateway for expectant mothers to harmonize their beings and cultivate a sense of profound connection with the spiritual essence that pervades all of existence. This holistic approach, bridging the realms of physicality and spirituality, invites expectant mothers to embark on a transformative journey toward embracing the divine wisdom inherent in both the ancient scriptures and the sacred practice of prenatal yoga.

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