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Mother Om: Connect with yourself and your child in one mindful moment a day

Leonie Percy

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Being a mother is a journey filled with blissful moments but also times of intense frustration. We are plugged in, overstimulated and we struggle to relax. Children absorb our stress. For us to have content children we must find a way to connect with ourselves, our children and the world around us. Mother Om provides you with the tools to manage the emotional journey of motherhood. Written by yoga teacher, mother and founder of www.yogamamata.com, Leonie will guide you along a spiritual path by opening up your conscious mind and teaching you to be present, speak your truth and live with an open heart. Mother Om shows you the benefits of yoga and mindfulness for children and includes practical advice and meditations for you and your children. If you value compassion, connection and commitment, Mother Om will motivate inspire and empower you. Mother Om won an Evergreen silver medal in the Living Now book awards in the USA under the health and wellness category. "Written from the heart, Leonie paints a vision of a better way to be in the world; a way that embraces gratitude, acceptance and peace. But best of all, Leonie understands what busy mothers need more than anything else, and that is self-compassion". Sarah Napthali Buddhism for Mothers.

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