



Book Review

Mother Me is the new book by IYTA teacher, Katie Brown. Katie teaches pre and post-natal yoga on Sydney's Northern Beaches and has used her own experience as a mother - of - three and yoga teacher to write Mother Me.

Mother Me is a unique book aimed at new mums, but mums with children of any age will benefit from the practices in the book. It combines practical advice, creative exercises and stories from real mums about how they've achieved - and overcome - aspects of motherhood.



Mother Me

a mum's guide to balance, wellbeing and harmony

Katie Brown

MOTHER ME focuses on the wellbeing of the mother after the birth of the baby and addresses the need for balance in their lives. It is comprised of six building blocks and guides mums on:

- taking time out for self-care: emotionally and physically;
- nurturing their relationship;
- looking after the children;
- creating a peaceful home environment;
- reframing work and finances;
- finding time for friends and extended family.