

## **DAFTAR PUSTAKA**

### **Buku – buku dan Literatur**

Kenuk Yuliani, M.Sandra Shanty.,Jan 2017, The power of Yoga, Sleman Yogyakarta : Bhafana Publishing.

dr. Yossie Suardana., Copyright 2018, Prenatal-Postnatal Yoga. Kompas Media Nusantara, Yogyakarta.

Julius Panero. AIA, ASID dan Martin Zelnik, AIA, ASID, Coopyright 1979, Human Dimension & Interior Space, Erlangga

Sjamsu Amril, 1989, Ernst Neufert Jilid 2, Erlangga

### **Situs Internet**

Dian Sonnerstedt. 2010. “manfaat prenatal yoga” [Online].

Tersedia :

<https://hellosehat.com/kehamilan/kandungan/manfaat-prenatal-yoga-bagi-ibu-hamil/> [Juni 2018]

Dian Sonnerstedt. 2010. “panduan latihan prenatal yoga” [Online].

Tersedia :

<https://hellosehat.com/kehamilan/kandungan/panduan-latihan-prenatal-yoga-di-rumah-14-standing-poses/> [Juni 2018]

Pujiastuti Sindhu. 2016. “prenatal yoga leaf” [Online]

Tersedia :

<https://www.google.com/search?q=yoga+leaf&oq=yoga+leaf&aqs=chrome..69i57j69i60j0l4.2164j0j4&sourceid=chrome&ie=UTF-8> [Juni 2018]

I Putu Swardiyasa. 2012. “fungsi dan maksna warna dalam dewata nawa sanga” [Online]

Tersedia :

<https://iputuswardiyasa.wordpress.com/2012/08/31/nawa-sanga/> [Juni 2018]

Eny.Fer. 2014 “asal usul yoga” [Online]

Tersedia :

<https://wolipop.detik.com/health-and-diet/d-2718481/sebelum-mencoba-yoga-pahami-dulu-sejarah-asal-usulnya> [Juni 2018]

BMKG Bandung. 2017. “rata – rata suhu kelembapan kota Bandung” [Online]

Tersedia :

<https://bandungkota.bps.go.id/statictable/2018/07/11/160/rata-rata-suhu-dan-kelembaban-udara-menurut-bulan-di-kota-bandung-2017.html> [Juni 2018]