



## Yoga Sadhana for Mothers

By Sharmila Desai, Anna Wise

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*Yoga Sadhana for Mothers* is the first book dedicated to the subject of Ashtanga yoga, pregnancy, birth and motherhood. Written with the blessing and support of the late yoga master Shri K. Pattabhi Jois's family, this book offers the guidance, shared wisdom and practical tips that every student and teacher of Ashtanga yoga needs for the journey into motherhood and beyond.

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### About the Author

**Sharmila Desai** and **Anna Wise** are senior teachers from the Sri K. Pattabhi Jois Ashtanga Yoga Institute, India and also trained prenatal yoga teachers. Both are mothers and long-time yoga practitioners. Sharmila Desai lives in New York, USA. Anna Wise lives in London, UK.

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