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Desai, Sharmila and Wise, Anna (2014) Yoga Sadhana for Mothers. Pinter & Martin, London. ISBN 978-1-906756-30-7

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Ritual Inspiration: Sharmila Desai Desai is a longtime yoga She recently released her second book with co-author Anna Wise, Yoga Sadhana for Mothers,

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### **Review: new book explores the topic of practicing**

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Yoga Sadhana for Mothers: Shared Experiences of Ashtanga Yoga, Pregnancy, Birth and Motherhood by Sharmila Desai and Anna Wise (14 Sep 2014)

### **Yoga sadhana for mothers - ashtanga dispatch**

The subtitle of Yoga Sadhana For Mothers by Sharmila There is something here for everyone in Yoga Sadhana, whether you Desai and Wise outline

### **Authors - yogasadhanaformothers.com**

Anna Wise is a direct student of Shri Anna is also an experienced pregnancy yoga teacher and a Sharmila Desai was first introduced to Ashtanga yoga by

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