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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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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

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Yoga Sadhana for Mothers is the illustrated guidelines on modifying the Ashtanga yoga primary Saraswathi Rangaswamy and his granddaughter Sharmila

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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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Ritual inspiration: sharmila desai - sonima

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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Yoga Sadhana for Mothers. The first book on Astanga yoga conception, birth and pregnancy by Anna Wise and Sharmila Desai will be out in September 2014.

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