

**Yoga Sadhana For Mothers By Sharmila Desai;Anna  
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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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## **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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