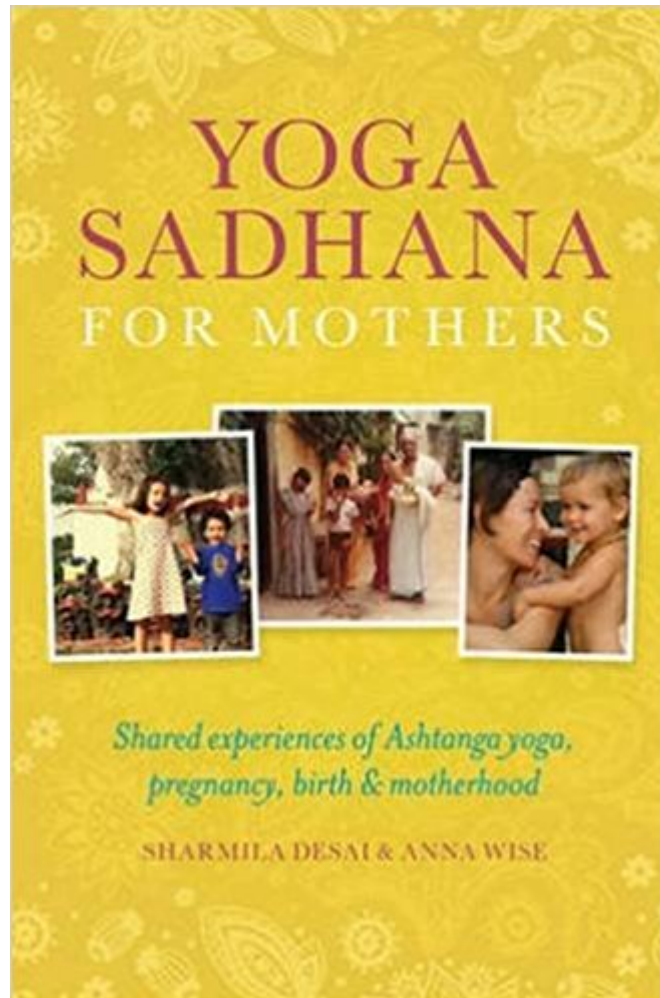




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# Yoga Sadhana For Mothers



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

This book has been very helpful during my first pregnancy on how to continue with a safe practise as well as go deeper into the practise. However, I must recommend that all pregnant women get guidance with a teacher that is suited to give teachings to women in this situation. Great to read about the different birth experiences that really shows how individual the experience is for every woman...

Birthlight postpartum exercises are very helpful. Wish I read this while pregnant though especially the experiences of the Yoginis as I was all about pregnancy and birth, not postpartum.

Beautifully written and empowering information.

amazing book with beautiful personal stories of long term practitioners of ashtanga yoga and wonderful information for woman and mothers...and men too. love the authenticity and openness of the stories offered by these women.

Very helpful and smart. Loved the personal stories and options for poses that are often left of the list for pregnant practitioner.

Bought it for my friend, she loves it!

Awesome book!

As a yoga student, this book is a must. I actually pre-ordered it because Sharath Jois recommended it in his 2014 NYC workshop with Eddie Stern. I had been practicing Ashtanga Mysore style for a little less than a year when I read this book. It is inspirational, informative, and nonjudgmental. In the book introduction, Desai and Wise mention that their intention was "to create something that shows that when it comes to pregnancy, childbirth, and mothering there is no right or wrong way to do things. For this reason there are no definitive answers here [in the book], only information, tips, suggestions, examples, and most importantly, the experience of others to draw from." Well, I think they did excellent. The book is helpful not only for expecting (or current) mothers. It actually has good information for women in general. For example, it has good insight on the relationship between the bandhas and menstruation, and other women's topics such as menopause, infertility, amenorrhea, etc. In a nutshell, I expect this book to be a reference for years to come as I continue my practice and (maybe) become a mother.

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