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

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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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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