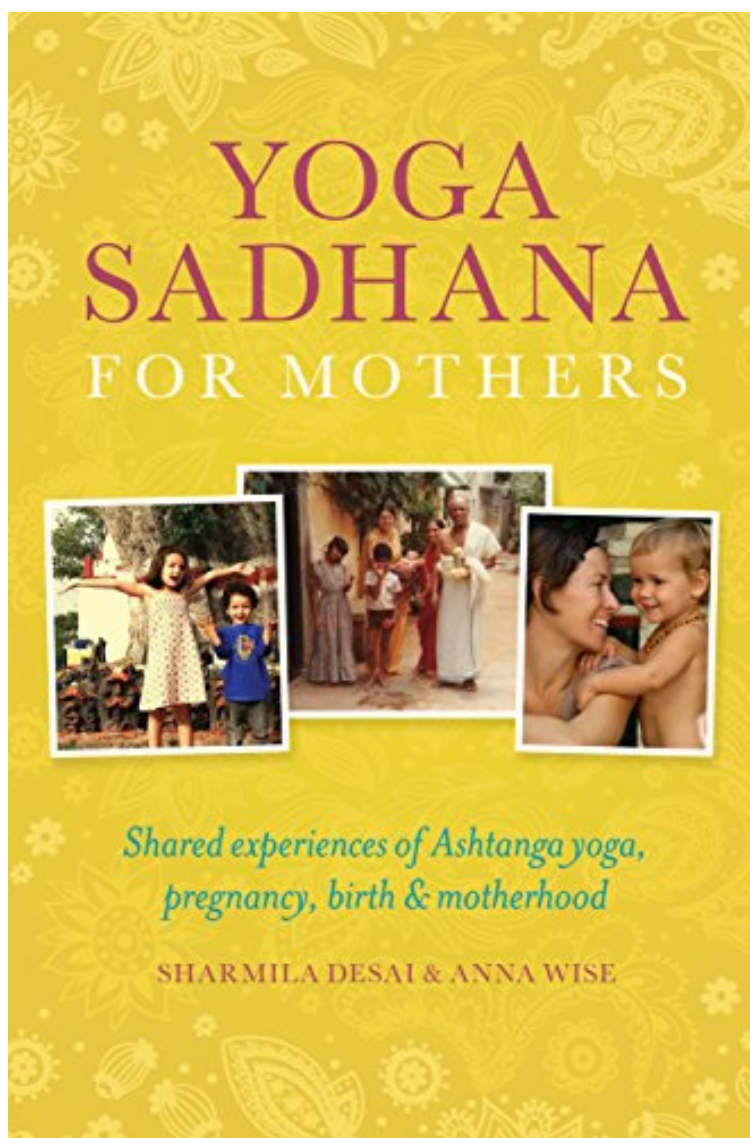


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Yoga Sadhana for Mothers: Shared experiences of Ashtanga yoga, pregnancy, birth and motherhood (English Edition)



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#245884 dans eBooksPubli le: 2014-12-31
Sorti le: 2014-12-31Format: Ebook
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working with pregnant or postpartum yoga students. Includes:- inspiring, first-hand stories of conception, pregnancy, birth and motherhood written by women practitioners of Ashtanga yoga from around the world, including some of Shri K. Pattabhi Joiss most long-standing students and influential teachers - clear, illustrated guidelines on modifying the Ashtanga yoga primary series during pregnancy developed in collaboration with R. Sharath Jois, director of KPJAYI in Mysore, India - warm, personal interviews with Shri K. Pattabhi Joiss daughter, Saraswathi Rangaswamy and his granddaughter Sharmila Mahesh, offering insight into family traditions passed down by Jois and his wife Amma - practical guidance on postpartum recovery using Ayurvedic foods and therapeutic practices to aid healing - beautiful photographs from the 1980s to the present day, documenting family life and the practice A heart-warming and indispensable companion for any practitioner of yoga who is hoping to become or who already is a mother.

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