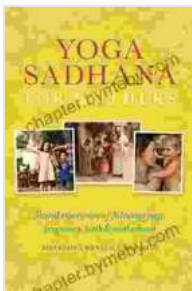


Yoga Sadhana For Mothers: A Path to Well-being and Fulfillment

Motherhood is a demanding and rewarding journey. It can also be a time of great change and transition. Yoga can be a powerful tool to help mothers navigate these changes and find a sense of balance and well-being.



Yoga Sadhana for Mothers: Shared experiences of Ashtanga yoga, pregnancy, birth and motherhood

by Sharmila Desai

★★★★☆ 4.8 out of 5

Language : English
File size : 9079 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 336 pages
Lending : Enabled



Yoga Sadhana For Mothers is a comprehensive guide to the practice of yoga for mothers. It offers a range of practices and techniques that can help mothers to:

- Improve their physical health
- Reduce stress and anxiety
- Increase energy levels

- Improve sleep
- Enhance their mood
- Connect with their bodies and minds
- Find a sense of community

The book is divided into three parts:

1. **Part One: The Foundations of Yoga**
2. **Part Two: Yoga Practices for Mothers**
3. **Part Three: Living a Yogic Life as a Mother**

Part One provides a foundation in the basic principles of yoga, including the eight limbs of yoga, the yamas and niyamas, and the different types of yoga. Part Two offers a variety of yoga practices that are specifically tailored to the needs of mothers. These practices include:

- Prenatal yoga
- Postnatal yoga
- Yoga for toddlers and preschoolers
- Yoga for mothers with special needs

Part Three explores how to integrate the principles of yoga into your life as a mother. This section covers topics such as:

- Mindful parenting
- Self-care for mothers

- Building a supportive community
- Yoga and spirituality

Yoga Sadhana For Mothers is a valuable resource for mothers of all ages and stages. It offers a comprehensive guide to the practice of yoga, with a wealth of practical tips and advice. Whether you are a new mother or a seasoned parent, this book can help you to find a sense of well-being and fulfillment on your journey.

Testimonials

"Yoga Sadhana For Mothers is a must-read for any mother who wants to improve her physical, mental, and emotional well-being. This book is full of practical tips and advice that can help mothers to navigate the challenges of motherhood and find a sense of balance and peace." - Sarah Jane, mother of two

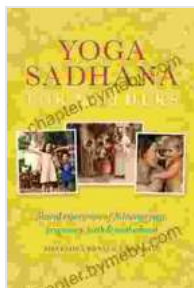
"I have been practicing yoga for years, but I never realized how much it could benefit me as a mother. Yoga Sadhana For Mothers has helped me to reduce stress, increase my energy levels, and improve my sleep. I am now a happier and more patient mother." - Mary, mother of three

"Yoga Sadhana For Mothers is a beautiful and inspiring book. It has helped me to connect with my body and mind, and to find a sense of peace and well-being in my motherhood journey." - Emily, mother of one

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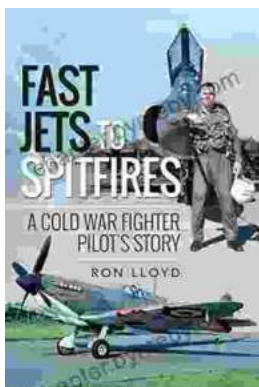


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