

Yoga Mama, Yoga Baby: Ayurveda And Yoga For A Healthy Pregnancy And Birth By Margo Shapiro Bachman

By Margo Shapiro Bachman

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& Kundalini & Ayurveda. She enjoys teaching yoga to practitioners of all levels & loves teaching prenatal & postpartum clients as

www.twitter.com/yoga_baby_mama.

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<http://youryoga.com/prenatal-postnatal-yoga-teacher-training/>

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