

# Ashtanga Yoga The Practice Manual

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## BOOK DETAILS

- Author : David Swenson
- Pages : 263 Pages
- Publisher : Ashtanga Yoga Productions
- Language : English
- ISBN : 1891252089

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## BOOK SYNOPSIS

Whether new to Ashtanga or an experienced student or teacher, readers will find this book to be invaluable. It contains over 650 photos and multiple variations for every asana in the primary and intermediate series plus three short forms. Its spiral binding assures easy use while practicing and the hard cover increases durability.

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