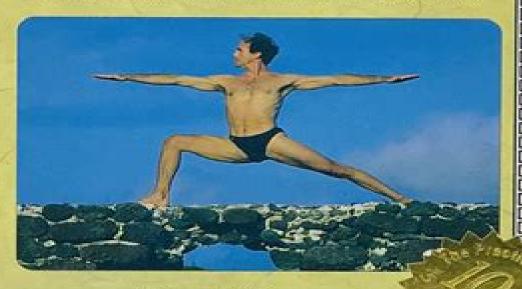
# Ashtanga Yoga "The Practice Manual"

An Illustrated Guide To Personal Practice

The Primary & Intermediate Series plus Three Short Forms



David Swenson

# <u>Ashtanga Yoga The Practice Manual An Illustrated</u> <u>Guide To Personal Practice</u>

**JG Myers** 

#### Ashtanga Yoga The Practice Manual An Illustrated Guide To Personal Practice:

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