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http://en.wikipedia.org/wiki/Ashtanga_Vinyasa_Yoga

Ashtanga yoga - The practice manual - David Swenson UUSIPAINOS: David is recognized today as one of the foremost authorities of Ashtanga Yoga. Book Description:

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I bought this book to help me develop my home practice after about a year of taking instructor led classes. Therefore I was familiar with many of the Ashtanga poses.

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David Swenson's Practice Manual is my yoga practice bible. The text provides a good introduction to this style and covers all the essential traditions of Ashtanga in

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