

ASHTANGA YOGA THE PRACTICE MANUAL%0A

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[Ashtanga Yoga: The Practice Manual: David Swenson](#) ...

David Swenson began the practice of yoga in 1969 at the age of 13. He found Ashtanga in 1973 through David Williams. In 1974 K. Pattabhi Jois made his first trip to the US and David began studies directly with him at that time. He then traveled to Mysore, India in 1977 and learned the entire system in it's original form. David is recognized today as one of the foremost authorities of Ashtanga. [Ashtanga Yoga - The Practice Manual](#) [Ashtanga Yoga](#) ...

[Ashtanga Yoga - The Practice Manual](#) Whether new to Ashtanga or an experienced student or teacher, you will find this book by David Swenson to be invaluable. It contains over 650 photos and multiple variations for every asana in the Primary and Intermediate Series plus 3 Short Forms.

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This is an excellent reference manual for continuing practice - as far as I am aware it is the only book with comprehensive documentation of the first two astanga yoga series, with explanations and modifications for both. A book isn't a substitute for lessons but it can be useful. [Ashtanga Yoga IS Hard A Beginner's Guide to How to](#) ...

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1 Manual 6 - Shroomery

9 The basics of ashtanga yoga cannot be learned enough. Because yoga practice is progressive it is important to go through this manual in the order it is presented.

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