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Author: David Swenson began
the practice of yoga in 1969
at the age of 13. He found
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In ~~Ashtanga Yoga: The Practice Manual~~, David Swenson

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instructions and commentary.

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Ashtanga yoga is a focusing
technique that joins the
main life forces, beating in
unison to an internal
rhythm, your internal
rhythm. With control of the
breath, the mind becomes
calm, allowing one to tap
into a flow state where
there is no sense of time,
where externally imposed
barriers dissolve and there

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is a sense of oneness with
the universe.

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This is undoubtedly THE Ashtanga yoga manual and I would highly recommend it for students and teachers alike, no matter what your level. It's spiral bound which makes it useful when practising. This book is a must have for anyone serious about improving and developing their practise.

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Whether new to Ashtanga or

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an experienced student or teacher, you will find this book by David Swenson to be invaluable. It contains over photos and. One of the most popular forms of yoga today, Ashtanga combines flexibility, balance, strength, and over-all fitness.

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Ashtanga Yoga: The Practice Manual by David Swenson This is, in my opinion, the ultimate Ashtanga guide. Many yogis even refer to it as the "bible of ashtanga yoga"! It contains 650 photos and multiple variations of every asana in

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~~The 10 Best Ashtanga Yoga
Books for Your Home Practice
in ...~~

Swenson ashtanga yoga text.
The Swenson text it is an
excellent guide for all but
the most novice of yoga
students. I say this because
for the true yoga novice,
even the most thorough text
can't replace the learning
experience that comes from
physical practice with a
seasoned yoga enthusiast.

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for ...~~

What Is Ashtanga Yoga?

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Practice Manual translates to
‘8 limbed yoga’, referring
to the 8 limbs of Yoga.()

The 8 limbs of Yoga are
guidelines that were
intended for yoga
practitioners to follow in
order to live a more
disciplined life Ashtanga
yoga was created by an
Indian man called Sri K.
Pattabhi Jois who developed
the practice focusing on the
3rd limb of yoga which is
asana (pose).

~~What Is Ashtanga Yoga? A
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