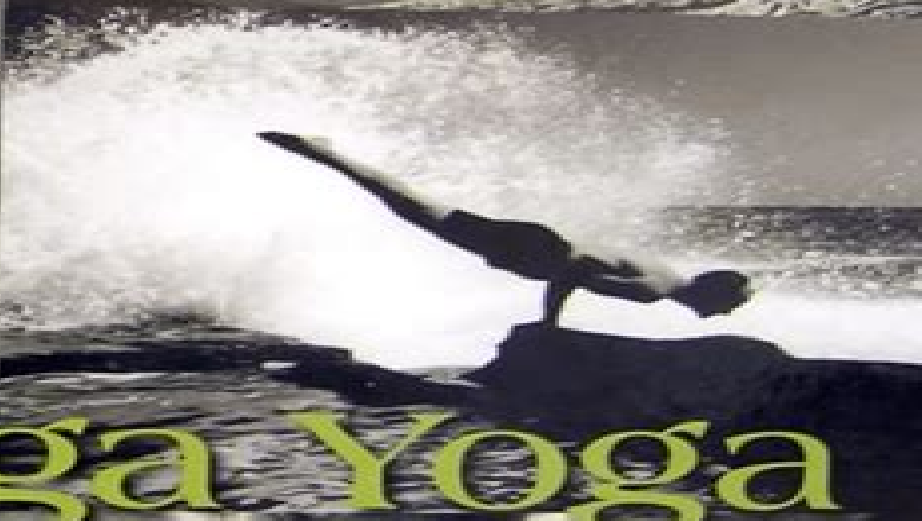




Ashtanga Yoga

The Practice Manual
David Swenson

An Illustrated Guide To Personal Practice
The Primary & Intermediate Series plus
Three Short Forms



Ashtanga Yoga The Practice Manual By David Swenson

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