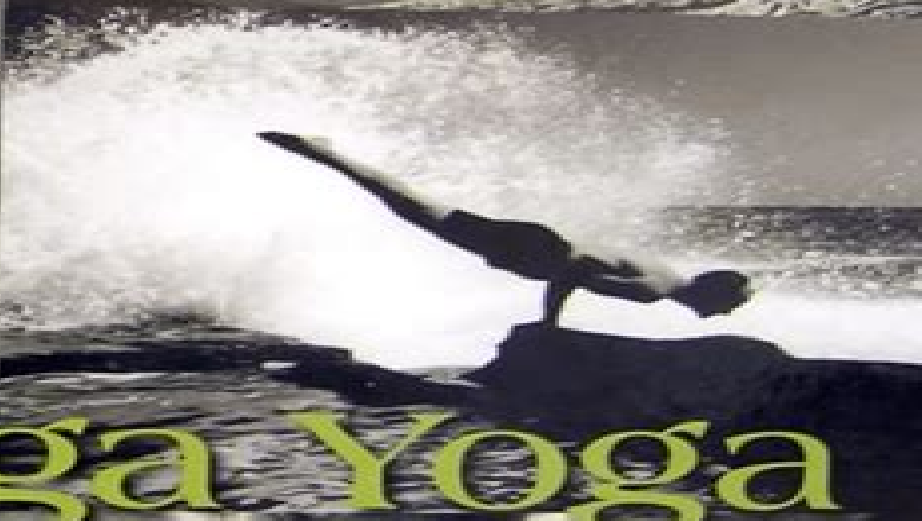




Ashtanga Yoga

The Practice Manual
David Swenson

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The Primary & Intermediate Series plus
Three Short Forms



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Gregor Maehle



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