

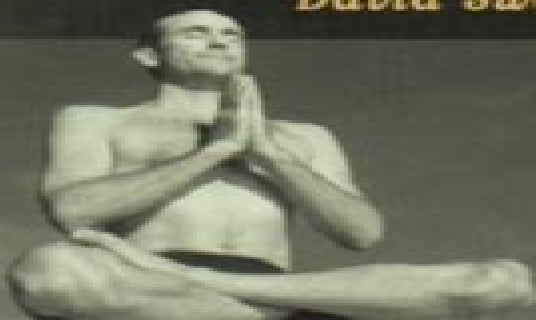


Ashtanga Yoga

The Practice Manual

David Swenson

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



Ashtanga Practice Manual

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