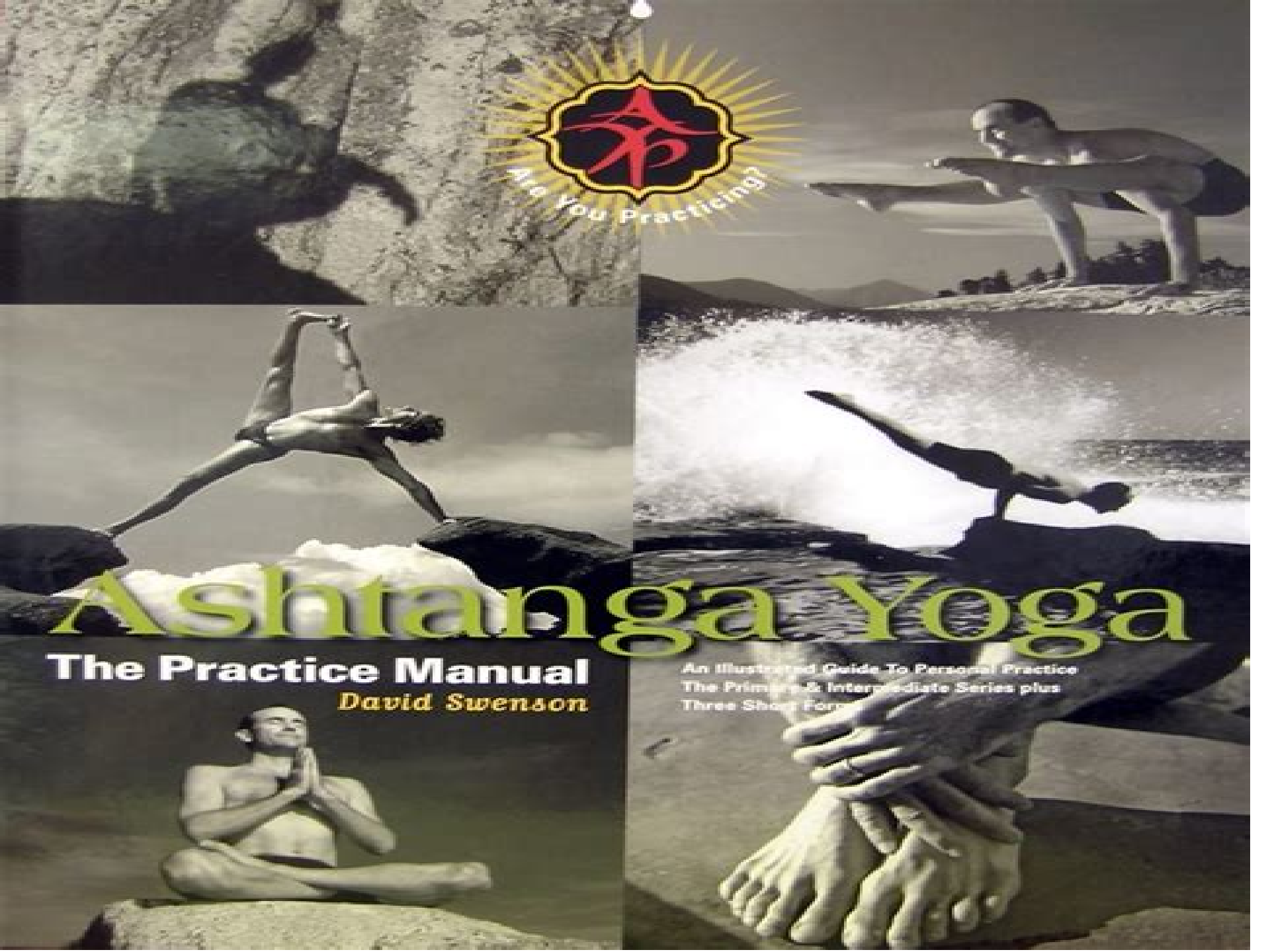




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# Ashtanga Yoga

**The Practice Manual**

*David Swenson*

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

# Ashtanga Yoga The Practice Manual David Swenson

**Yijin Wang**



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