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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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In *Ashtanga Yoga: The Practice Manual*, David Swenson provides step-by-step illustrations for primary, intermediate, and advanced postures. The “Basics” section was a simple and clear introduction to the rest of the book’s content. I could appreciate how the author took the time to explain every step, term, and yoga pose.

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Ashtanga yoga in the practice is a sequence of increasing difficulty poses: sun salutation, standing poses and primary serie where you stop at the pose you can't do. This manual suggest a

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number of variation to arrive at the finishing sequence and at the end of the session.

Really usefull, so you get familiar with all the poses.

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This ring-bound manual became an Ashtanga yoga essential as soon as it was published. Clear photographs and concise explanations of asanas, drishti points and ujjayi; with inspirational quotes and background information about yoga.

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Ashtanga Yoga: The Practice Manual book by David Swenson

Ashtanga Yoga: Practice and Philosophy is the first book of its kind,

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presenting a comprehensive guide to all eight limbs of Ashtanga Vinyasa Yoga. Pranayama The Breath of Yoga In his third book Gregor Maehle aims at bringing about a renaissance of pranayama, the yogic school of breathing.

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Text is very similar to
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Kino's book on the primary series (The Power of Ashtanga Yoga: Developing a Practice That Will Bring You Strength, Flexibility, and Inner Peace--Includes the complete Primary Series). So the cards are useful for an experienced yogi familiar with how cues are given by in-class instructions.

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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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