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Ashtanga Yoga The Practice Manual

This is undoubtedly THE Ashtanga yoga manual and I would highly recommend it for students and teachers alike, no matter what your level. It's spiral bound which makes it useful when practising. This book is a must have for anyone

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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
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pose you can't do. This manual suggest a 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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Text is very similar to 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

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experienced yogi familiar with how cues are given by in-class instructions.

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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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