

Ashtanga Practice Manual

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The Ashtanga Yoga (also: Astanga, Joga) information page: practice series, yoga philosophy including word by word translation of mantras, yoga sutra and more.

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I bought this book to help me develop my home practice after about a year of taking instructor led classes. Therefore I was familiar with many of the Ashtanga poses.

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The Ashtanga practice is traditionally started with the following Sanskrit mantra Ashtanga Yoga: The Practice Manual. Austin, Texas: Ashtanga Yoga Productions.

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