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Synopsis John Scott is the yoga teacher who helped Madonna sculpt her body to its high level of fitness and toned physique. He is also personal yoga teacher to Sting and Trudi Styler. With this book, Scott introduces the principles of ashtanga yoga to a wider audience. Ashtanga is one of the

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Ashtanga Yoga The Practice Manual David Swenson

Bought this book for my yoga teacher training as it was recommended as the "bible of Ashtanga yoga" which I can confirm. The postures are broken down nicely, step by step and David offers lots of modification for the beginner and a more modern approach to the series, which I really like.

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Ashtanga vinyasa yoga Wikipedia

Ashtanga Vinyasa Yoga is a style of yoga codified and popularized by K. Pattabhi Jois during the 20th century which is often promoted as a modern-day form of classical Indian yoga. Ashtanga means eight limbs or branches

of yoga mentioned in the Yoga Sutras of Patanjali, of which asana or physical yoga posture is merely one branch
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Ashtanga Yoga The Practice Manual by David Swenson

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.

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