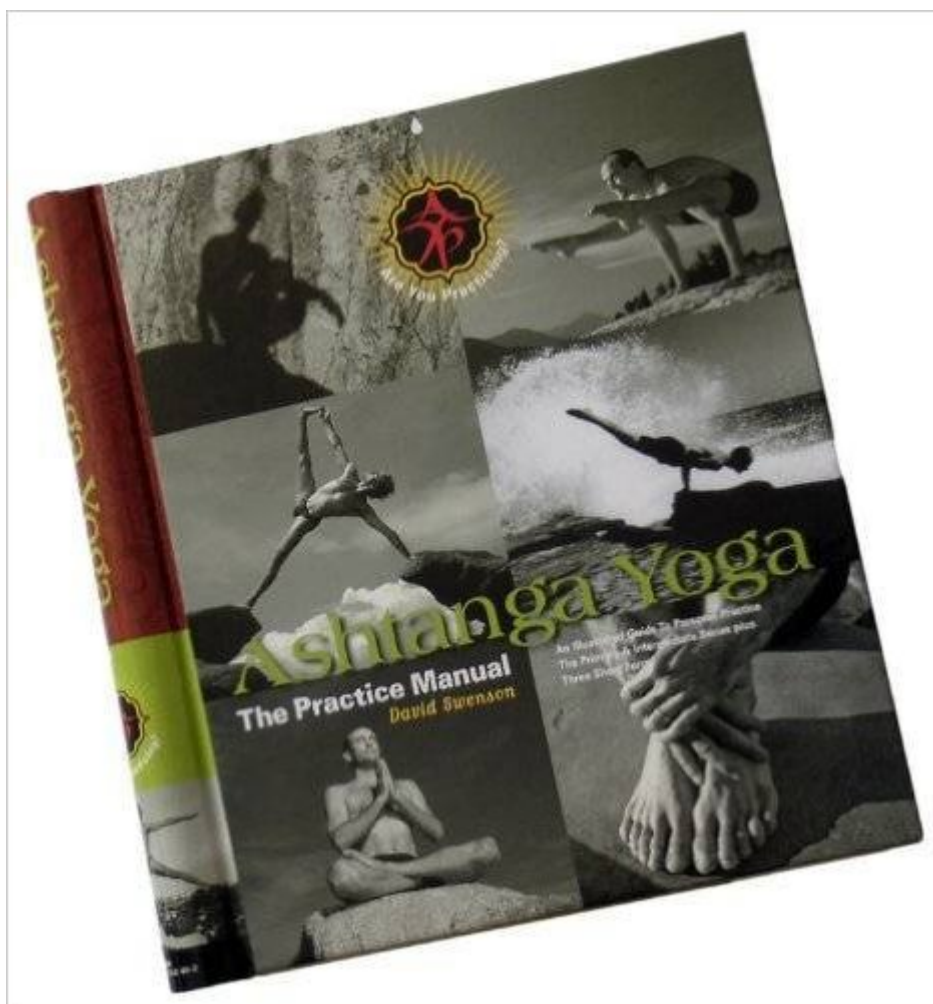


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# Ashtanga Yoga: The Practice Manual



## Synopsis

Whether new to Ashtanga or an experienced student or teacher, readers will find this book to be invaluable. It contains over 650 photos and multiple variations for every asana in the primary and intermediate series plus three short forms. Its spiral binding assures easy use while practicing and the hard cover increases durability.

## Book Information

Spiral-bound: 263 pages

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Product Dimensions: 8.1 x 0.9 x 8.7 inches

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (251 customer reviews)

Best Sellers Rank: #7,184 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting](#) > [Exercise & Fitness](#) > [Yoga](#)

## Customer Reviews

Worth the cover price alone for the photo of Doug Swenson practicing along the mountain ridges of Lake Tahoe on page 242. Were his life insurance provider aware of this shot, I guarantee his policy would be dropped immediately. The other pages prove to be possibly the only book you really need on the physical exercise of yoga. While David Life and Sharon Gannen's excellent Jivamukti Yoga emphasizes the origins and much of the spiritual aspects for today's practitioner in clear, modern language (The Yoga Sutras are, after all, pretty dense stuff), Swenson's focus is the asanas, and the primary and intermediate series of the ashtanga yoga system. The asanas are presented in clear, concise detail, along with photos. The book does not intimidate by bogging the reader down in overly long details in either words or pictures. When explaining the translation of an asana's sanskrit name, instead of getting "This very interesting posture has an equally interesting history to its' names origin. In 436 BC, the first king of scotland travelled to india, etc. etc.", Swenson simply writes "Pada=Foot" (But if it is gorgeous, unbelievably crisp photos of asana practice you're looking for, the book to get is Linda Sparrowe's Yoga). One does not need to practice ashtanga for this book to prove useful and inspirational: virtually every asana is displayed, so even if you prefer a vinyasa practice, you can always pick up some new - or remind yourself of many - poses within.

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