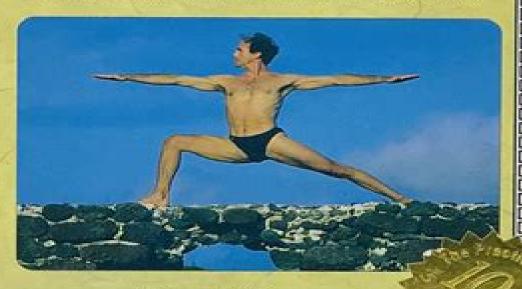
Ashtanga Yoga "The Practice Manual"

An Illustrated Guide To Personal Practice

The Primary & Intermediate Series plus Three Short Forms



David Swenson

Ashtanga Yoga The Practice Manual Guide

Christian Drosten

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