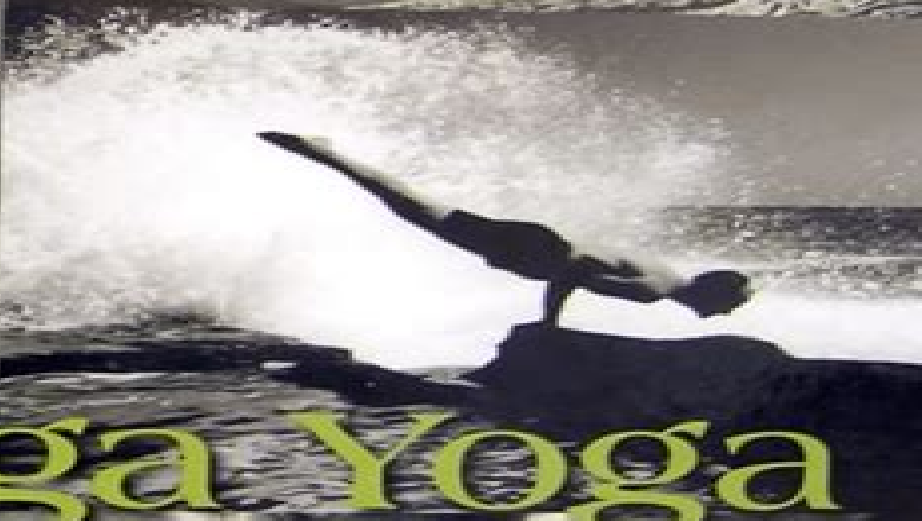




Ashtanga Yoga

The Practice Manual
David Swenson

An Illustrated Guide To Personal Practice
The Primary & Intermediate Series plus
Three Short Forms



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Swenson, 1999-09-01 *Ashtanga Yoga* Gregor Maehle, 2009 In this much anticipated follow up to his first book *Ashtanga Yoga Practice and Philosophy* Gregor Maehle offers a detailed and multifaceted guide to Ashtanga Yoga's Intermediate Series. An expert yogi and teacher Maehle will guide you to your next level with an unprecedented depth of anatomical explanation and unparalleled attention to the practice's philosophical and mythological heritage. You will learn The background and applications of each of the three forms of yoga Karma Bhakti and Jnana How to use Indian myth and cosmology to deepen your practice The importance of the Sanskrit language to the yogic tradition The mythology behind the names of the Intermediate Series postures The functions and limitations of body parts integral to the Intermediate Series including the spine the sacroiliac joint the shoulder joint and the hip joint How to reap the full benefits of practicing the Intermediate Series Maehle meticulously explores all twenty seven postures of the Intermediate Series through photos anatomical line drawings and practical informative sidebars He also discusses the philosophical and spiritual background of Ashtanga Yoga and places the practice within the context of Indian cultural history With passionate erudition Maehle will prepare you to reap physical spiritual and mental fulfillment from your evolving practice *Ashtanga Yoga "The Practice"* David Swenson,

Power Yoga For Dummies Doug Swenson, 2011-06-15 Doug Swenson has created a book about Yoga that captures his delightful and unique teaching style. Karen Allen actress Yoga Practitioner Doug Swenson masterfully presents one of the most physically challenging styles of Hatha Yoga in a way students of any level will find safe fun easeful and empowering. John Friend founder of Anusara Yoga In just a few years Yoga has gone from an obscure spiritual discipline practiced by a handful of the enlightened in the Far East to a mainstream exercise routine taught at gyms all across America. Now at the turn of the new millennium Yoga has a younger sibling Power Yoga. A high energy physical discipline embraced by Sting Madonna and thousands of other celebrities professional athletes and health advocates Power Yoga takes the basics of Yoga and gives it a good healthy dose of aerobics to tone all your muscles sharpen your focus ease your spirit and strengthen your heart. Want to pump up your body and gain peace of mind Power Yoga For Dummies shows you how. Featuring step by step instructions illustrated with photographs that help you see each move clearly it shows you how to Improve flexibility strength and endurance Develop rock hard abs legs and arms Find an instructor and the right workout gear Customize workouts for all ages and fitness levels Enhance your practice with a partner Beat stress sharpen your focus and lift your spirits Power Yoga celebrity Doug Swenson explains the philosophy and science behind Power Yoga He gets you ready to take the leap into Power Yoga and he arms you with Three complete Power Yoga routines beginning intermediate and advanced Exercises to improve specific areas including flexibility strength endurance and specific muscle groups such as your arms abs and glutes Expert tips on diet and nutrition for enhancing your practice and improving your overall health Specific postures and

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