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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. I could

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appreciate how the author took the time to explain every step, term, and yoga pose.

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You can always google and print out the mantras and add that page to your copy of Ashtanga Yoga - The Practice Manual. By the time you are halfway proficient in the Primary Series by

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practicing the
sequence with a
continuous flow
without thinking what
comes next, you will
have then, too, recited
the mantras by heart.
He does his homework
well.

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improving and
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practice is a sequence
of increasing difficulty
poses: sun salutation,
standing poses and
primary serie where
you stop at the pose
you can't do. This
manual suggest a
number of variation to

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arrive at the finishing
sequence and at the
end of the session.

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Clear photographs and concise explanations of

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yoga students. I say this because for the true yoga novice, even the most thorough text can't replace the learning experience that comes from physical practice with a seasoned yoga enthusiast.

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