



# Ashtanga Yoga: The Practice Manual

*David Swenson*

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262 pages

Présentation de l'éditeur

Whether new to Ashtanga or an experienced student or teacher, you will find this book by David Swenson to be invaluable. It contains over 650 photos and multiple variations for every asana in the Primary and Intermediate Series plus 3 Short Forms. Its spiral binding assures easy use while practicing and the hard cover increases durability! Biographie de l'auteur

David began his journey of Yoga in 1969 when he and his brother Doug practiced in a small park at the end of their street in Houston, Texas. There were few sources for yoga at that time so they practiced from whatever books they could find. In 1973 David discovered Ashtanga after he met David Williams and Nancy Gilgoff in Encinitas, CA. In 1975 David and Nancy brought K. Pattabhi Jois to the U.S. for the first time and Swenson was fortunate enough to be there. He then initiated studies directly with the master. He made his first trip to Mysore in 1977. David is one of only a handful of Westerners to have learned the full Ashtanga system including all of the asana sequences and pranayama as originally taught by K. Pattabhi Jois. Today David is recognized as one of the world's foremost practitioners and instructors of Ashtanga Yoga.

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