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I bought this book to help me develop my home practice after about a year of taking instructor led classes. Therefore I was familiar with many of the Ashtanga poses.

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David Swenson tours internationally as one of the world s leading Ashtanga Yoga teachers. He has written several books, including Ashtanga Yoga: The Practice Manual <http://www.yogajournal.com/article/lifestyle/talking-shop-with-david-swenson/>

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