



Ashtanga Yoga: The Practice Manual

By David Swenson

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Whether new to Ashtanga or an experienced student or teacher, readers will find this book to be invaluable. It contains over 650 photos and multiple variations for every asana in the primary and intermediate series plus three short forms. Its spiral binding assures easy use while practicing and the hard cover increases durability.

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Editorial Review

From the Publisher

"The Most User-Friendly Yoga Book Ever Produced"

About the Author

David Swenson began the practice of yoga in 1969 at the age of 13. He found Ashtanga in 1973 through David Williams. In 1974 K. Pattabhi Jois made his first trip to the US and David began studies directly with him at that time. He then traveled to Mysore, India in 1977 and learned the entire system in its original form. David is recognized today as one of the foremost authorities of Ashtanga Yoga.

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