



Ashtanga Yoga: The Practice Manual

By David Swenson

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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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