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Ashtanga4life

Kate has experienced great benefit from this practice, and was authorized by her teacher Sharath Jois to teach the Primary and Intermediate series of Ashtanga yoga.

Gwen neidlinger (author of ashtanga flash cards)

Gwen Neidlinger is the author of Ashtanga Flash Cards (4.50 avg rating, 2 ratings, 0 reviews, published 2008)

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A s h t a n g a f l a s h

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The Ashtanga Yoga system is broken down into six different The Primary Series referred to as Yoga Chikitsa helps to re-align the skeleton and acts as a

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