

Ashtanga Flash Cards (Primary Series) By Gwen Neidlinger



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Gwen neidlinger | linkedin

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

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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.

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