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What Is Ashtanga Yoga? Ashtanga Yoga translates to ' 8 limbed yoga ' , referring to the 8 limbs of Yoga.() The 8 limbs of Yoga are guidelines that were intended for yoga practitioners

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to follow in order to live a more disciplined life Ashtanga yoga was created by an Indian man called Sri K. Pattabhi Jois who developed the practice focusing on the 3rd limb of yoga which is asana (pose).

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by David Swenson at AbeBooks.co.uk -  
ISBN 10: 1891252089 - ISBN 13:  
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