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multiple variations for every asana in the Primary and Intermediate Series plus 3 Short Forms.

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Cheat sheets for the Ashtanga yoga series (PDF) The perfect cheat sheet to place next to your yoga mat: Asana sequences in a small and practical format for downloading and printing. These cheat sheets contain photos of the fundamental poses as well as pictures of the first, second and third Ashtanga yoga series.

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step-by-step illustrations for primary, intermediate, and advanced postures. The “Basics” section was a simple and clear introduction to the rest of the book’s content. I could appreciate how the author took the time to explain every step, term, and yoga pose.

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