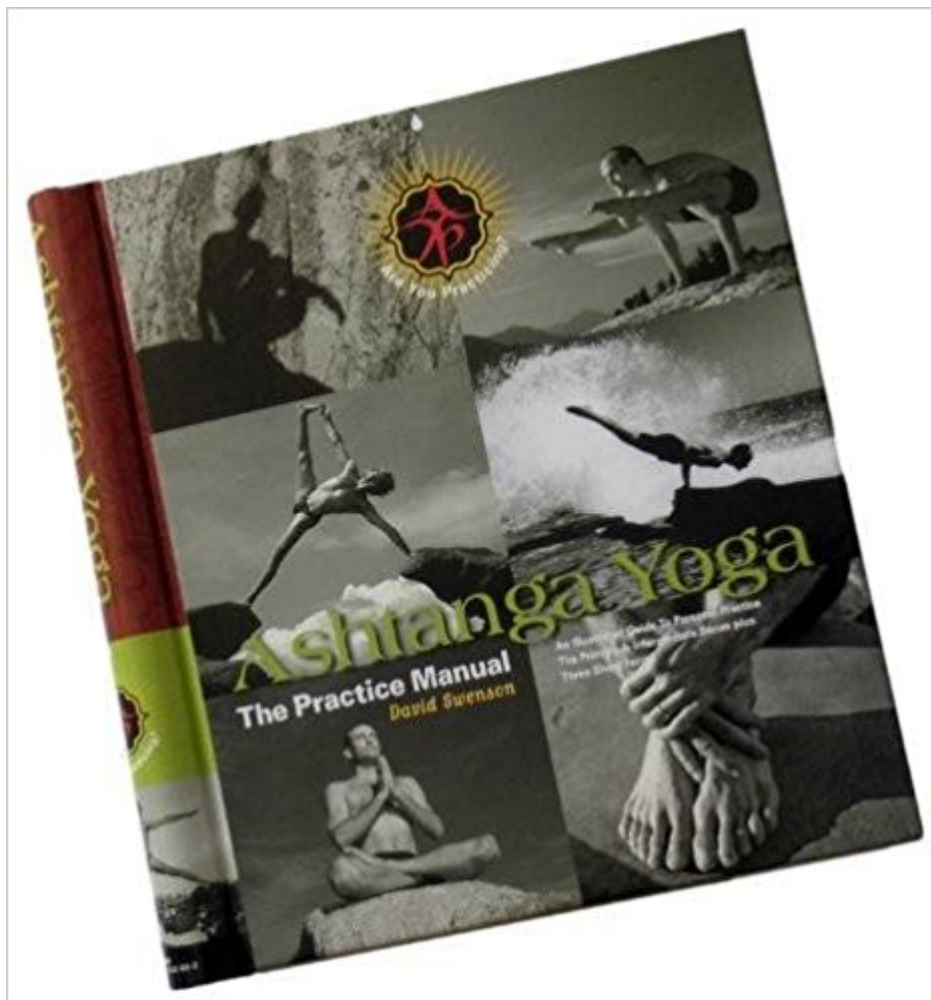


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# Ashtanga Yoga: The Practice Manual



## Synopsis

Whether new to Ashtanga or an experienced student or teacher, readers will find this book to be invaluable. It contains over 650 photos and multiple variations for every asana in the primary and intermediate series plus three short forms. Its spiral binding assures easy use while practicing and the hard cover increases durability.

## Book Information

Hardcover: 263 pages

Publisher: Ashtanga Yoga Productions; 2nd edition (August 20, 2007)

Language: English

ISBN-10: 1891252089

ISBN-13: 978-1891252082

Product Dimensions: 8.1 x 0.9 x 8.7 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 282 customer reviews

Best Sellers Rank: #9,107 in Books (See Top 100 in Books) #20 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

"The Most User-Friendly Yoga Book Ever Produced"

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 it's original form. David is recognized today as one of the foremost authorities of Ashtanga Yoga.

This is the perfect reference book on Ashtanga Yoga. Personally, I like to have something documented as a point of reference. Like if you lose power and cannot Youtube classes, or cannot afford to go to any classes, bad weather, etc... No matter where you go or what you do, you will always be able to precisely study & practice Ashtanga with this book. It gives clear, in depth analysis of each pose. Perfect for beginner and practical for even an expert.

Very nice hard cover and the spiral binding is great for propping up your book. Great explanation

behind Ashtanga and nice clear directions and correlating pictures. Having said that, this would be a great book for someone already familiar with yoga because some moves are for someone more advanced. It does not dive right into the more difficult poses until later in the book, so you can build yourself up to the harder stuff, just don't expect to hop right into them though. If you are willing to actually practice and work for it, this is a wonderful book.

This is considered, as some say, the "Bible of Ashtanga yoga." As a beginner I use this book for my personal practice along with attending classes at my local Ashtanga studio. The illustrations are very clear, the book is organized from start to finish from Series A and B all the way to a full flow. For a quick reference, the book also includes illustrated pages; while one practices--a quick glance down at the spiral bound book will keep the practice flowing. David Swenson provides a very balanced and practical approach to this amazing yoga, and he even includes motivating quotes throughout the book. As David Swenson states in the book, it's always good to practice with an instructor. Yet, this book was worth every penny and is helping me practice this beautiful art on my own at home. Excellent buy!!!

Mr. Swenson briefly gives an overview of Ashtanga Yoga as well as its history in the United States from his perspective garnered as one of the first generation of Ashtanga students of Sri Pattabhi Jois back in the 70's. Ashtanga Yoga - The Practice Manual adequately explains breath (Ujjayi), lock (Bandhas), flows (Vinyasa), gaze (Dristi) and posture (Asana) - the fundamentals of Ashtanga. The greatest feature of this Manual is a variety of alternatives for each asana; it simply makes Ashtanga more accessible to everyone according to their strength and flexibility. This fine final product shows that many key ideas are carefully incorporated into its production and planning, including how the book will be used and who will be reading it. Thick, durable sheets of paper in the spiral bound format that can be easily opened answer the former. Practitioners of all skills are a focus of the latter. The text is well organized. The step-by-step of each asana is numbered, and each number and text is bolded. The pricing is reasonable. The author is realistic in his attitude, not being too dogmatic that he allows his practitioners to use, with some caveats, props in some difficult poses. (In general Ashtangis are type-A personality. Some are even more intolerant and stricter than others.) The book covers both the Primary and Intermediate Series. Despite having given all of essentials of Ashtanga Yoga in this printed format, Mr. Swenson somehow does not include the opening and closing chants. This minor shortcoming still makes The Manual "The Manual." If you can afford only one or two books on Ashtanga, this is one of them. You can always google and print

out the mantras and add that page to your copy of Ashtanga Yoga - The Practice Manual. By the time you are halfway proficient in the Primary Series by practicing the sequence with a continuous flow without thinking what comes next, you will have then, too, recited the mantras by heart. He does his homework well. Five stars, as a result.

I have been doing Ashtanga yoga for awhile now. This book is great, it helps me fully understand each pose and helps me put together my own personal practice. David explains the breathing and how it integrates with each move, and even explains where your gaze should be focused in each move. Fully illustrates all options for each move too. Ashtanga yoga is a great therapy in how it is a healing practice of cleansing and toning the body. One of the best features is that the book is spiral bound so you can lay it flat. Highly recommend.

LOVE the spiral bind. Makes practicing with the open book a very enjoyable experience. The sanskrit on the top of the pages with the English has been a great help with my yoga teacher training.

This book is a must for anyone wanting to learn the Ashtanga sequences. Sanskrit, along with the meaning, is denoted for each pose. Very easy to follow. Included in the back are various shorter forms you can practice when you just don't have a full 1 1/2 hours to devote to get to your mat for the day. Pictures, Pictures, Pictures - with all modifications shown also.

I loved the physical aspect of the book. It was sturdy and the pages are very accessible because of the ring binding. Stellar quality! As for the contents, I love this! First time I've read an Ashtangi author say that using props are fine and that there are pose adjustments you can do to still continue with your practice.

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