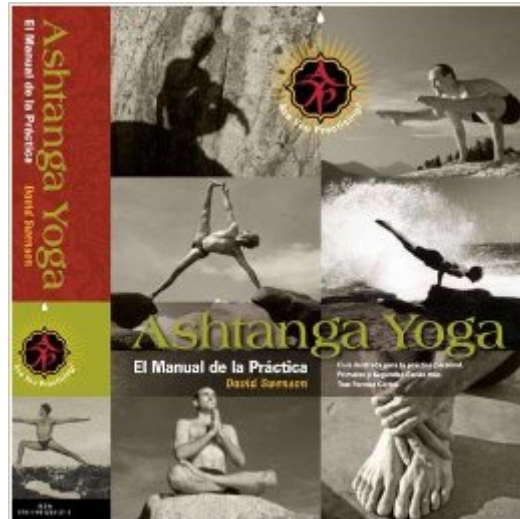


The book was found

Ashtanga Yoga: El Manual De La Practica (Ashtanga Yoga: The Practice Manual) (Spanish Edition)



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

Series: Ashtanga Yoga: The Practice Manual

Hardcover: 263 pages

Publisher: Ashtanga Yoga Productions; Spanish Version ed. edition (May 1, 2008)

Language: Spanish

ISBN-10: 1891252275

ISBN-13: 978-1891252273

Product Dimensions: 8.9 x 0.9 x 10 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

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Customer Reviews

Magnifico texto para practicas de yoga tanto individuales como grupales. Llego en el tiempo esperado al buzÃ³n y en perfecto estado a Venezuela, lo cual no siempre ocurre con los libros. Le escribÃ­ al vendedor, sugiriendo que reforzaran la envoltura y asÃ­ se hizo. Mil gracias.

Creo que es un muy buen libro de Yoga. Describe muy bien las posiciones y toda la informaciÃ³n fue escrita de una manera muy amena. Gracias!!! Namaste.

The Best Yoga Manual Period!

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