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### **Ashtanga Yoga: Practice and Philosophy by Gregor Maehle**

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### **Ashtanga Yoga Practice and Philosophy Book**

Ashtanga Yoga: Practice and Philosophy Author: Gregor Maehle Paperback: 307 pages Dimensions 10.9 x 8.2 in. (28 x 21 cm) Publisher: New World Library (2007) ISBN: 978-1-57731-606-0 Ashtanga Yoga: Practice and Philosophy is the first book of its kind, presenting a comprehensive guide to all eight limbs of Ashtanga Vinyasa

### **Ashtanga Yoga: Practice and Philosophy - Gregor Maehle ...**

The combination of these studies with daily Ashtanga Vinyasa practice led me eventually to realize that the Yoga Sutra and the vinyasa method are really only two sides of the same coin. That is the central theme of this book. For yoga practice to be successful, there can be no separation of practice and philosophy.

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