



Ashtanga Flash Cards (Primary Series)

Gwen Neidlinger

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Now beginners and experienced practitioners of Yoga can enjoy these attractive 3'X 5' flash cards as a learning tool or just for fun and inspiration!

Based on the primary series of Ashtanga Yoga, the Ashtanga Flash Cards include forty eight full color photographs by Jasper Johal illustrating the postures with their Sanskrit names and English pronunciation.



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