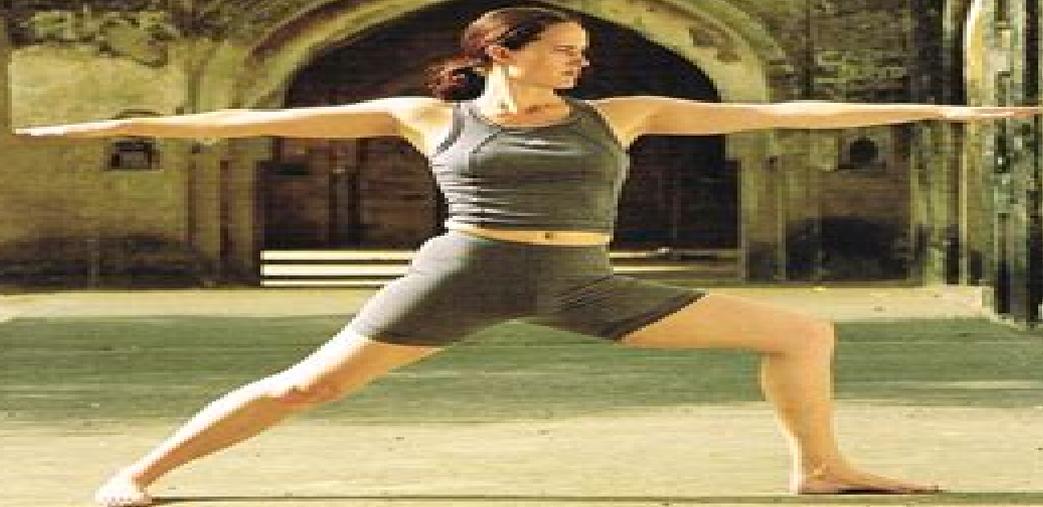


ASHTANGA YOGA

The complete mind and body workout

JULIET PEGRUM

Foreword by Swami Ambikananda Saraswati



Ashtanga Yoga The Complete Mind And Body Workout

R Bogdan



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