



# Ashtanga Yoga: The Definitive Step-by-Step Guide to Dynamic Yoga

*John C. Scott*

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John Scott's **Ashtanga Yoga** draws on his expertise as a teacher of this most energetic form of yoga. An easy-to-use guide, it features color photographs and a series of step-by-step exercise sessions -- starting with a simple sequence designed for beginners that, once mastered, provides the foundation for moving to the next cycle.

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