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#### **Gwen neidlinger (author of ashtanga flash cards)**

Gwen Neidlinger is the author of *Ashtanga Flash Cards* (4.50 avg rating, 2 ratings, 0 reviews, published 2008)

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helps to re-align the skeleton and acts as a

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## **Ashtanga4life**

Kate has experienced great benefit from this practice, and was authorized by her teacher Sharath Jois to teach the  
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Ryan s Ashtanga Primary Series practice chart is now available. While the chart is no substitute for learning the sequence with a qualified teacher, this compact A4