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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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The Ashtanga Yoga system is broken down into six different The Primary Series referred to as Yoga Chikitsa
helps to re-align the skeleton and acts as a

A s h t a n g a f l a s h

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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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