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Swenson to the US and David began studies directly with him at that time.

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Ashtanga Yoga translates to  
'8 limbed yoga', referring  
to the 8 limbs of Yoga.()

The 8 limbs of Yoga are  
guidelines that were

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intended for yoga practitioners to follow in order to live a more disciplined life Ashtanga yoga was created by an Indian man called Sri K. Pattabhi Jois who developed the practice focusing on the

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3rd limb of yoga which is  
asana (pose) .

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