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Ashtanga Yoga 15 min Morning Flow

The Power of Ashtanga Yoga:

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About the Author: David Swenson  
began the practice of yoga in 1969 at  
the age of 13. He found Ashtanga in  
1973 through David Williams. In 1974  
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What Is Ashtanga Yoga? Ashtanga



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Yoga translates to ' 8 limbed yoga ', referring to the 8 limbs of Yoga.() The 8 limbs of Yoga are guidelines that were 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

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practice focusing on the 3rd limb of  
yoga which is asana (pose).

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