



Total Astanga: The Step-by-Step Guide to Power Yoga at Home for Everybody

Tara Fraser

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Astanga is one of the most popular and energetic styles of yoga: it produces an internal heat and purifying sweat that detoxify muscles and organs. Thanks to yoga teacher Tara Fraser, almost anyone can learn astanga's techniques and experience its benefits, from improved circulation to increased strength and suppleness. With the help of 200 color photographs, she carefully guides aspiring practitioners through more than 60 basic poses: the Sun Salutations to warm-up; each posture in the primary series; and a finishing sequence to cool down gently. Along the way, she demonstrates how to develop a workout that is safe, always challenging, and suitable for any level. Special boxes offer additional insight into a posture or how to adapt it, if necessary.

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