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trip to the US and David
began studies directly with
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What Is Ashtanga Yoga?

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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Swenson
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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