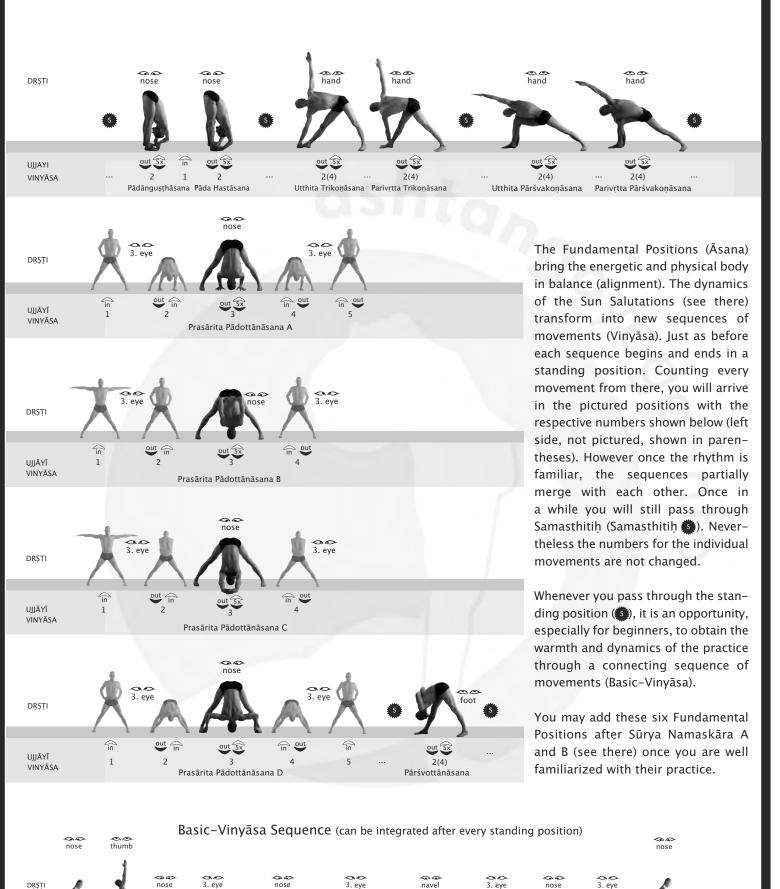
Fundamental Positions



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 $\ensuremath{\mathbb{C}}$ ashtangayoga.info Dr. Ronald Steiner, 2015 This is part of the light version of the practice sheet. The coloured, foldable original is available on ashtangayoga.info

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