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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

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

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