



# Svanasana Mala: A Garland of Six New Yogasanas

*Stephanie Goldstein*

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## **Svanasana Mala: A Garland of Six New Yogasanas** Stephanie Goldstein

Svanasana Mala is an instruction manual for the exploration of six new yogasanas. The postures were inspired and adapted from the positions of dogs. Each original asana is balanced by its own sequence, offering practitioners six new sequences to work with in a home practice.

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