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About the Author: Sandra Anderson is the asana columnist for Yoga International magazine.

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She is co-author of the award-winning book Yoga: Mastering the Basics, and is a columnist for Yoga + Joyful

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Sandra Anderson, author of Yoga: Mastering the Basics, is a resident and senior teacher at the Himalayan Institute.

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Sandra Anderson is the asana columnist for Yoga International magazine. She has been teaching yoga since 1981 and trains yoga teachers in New York, Chicago

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