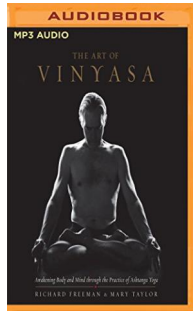


The Art of Vinyasa: Awakening Body and Mind Through the Practice of Ashtanga Yoga



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Book Review

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