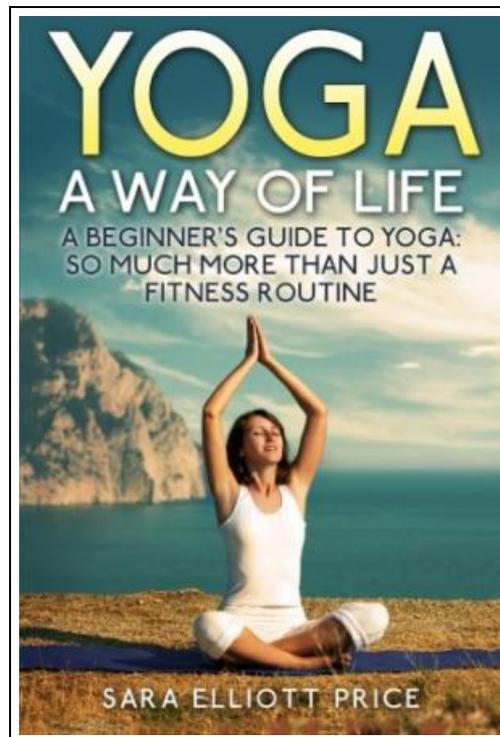


## Yoga: A Way of Life: A Beginners Guide to Yoga as Much More Than Just a Fitness Routine



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