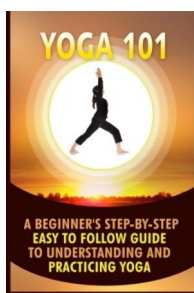


## Yoga 101: A Beginner's Step-By-Step Easy to Follow Guide to Understanding and Practicing Yoga



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