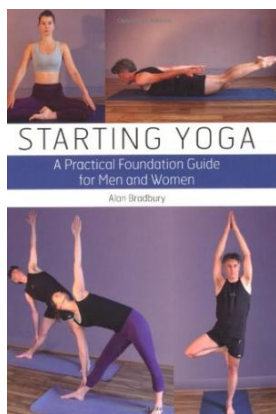


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# STARTING YOGA: A PRACTICAL FOUNDATION GUIDE FOR MEN AND WOMEN



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