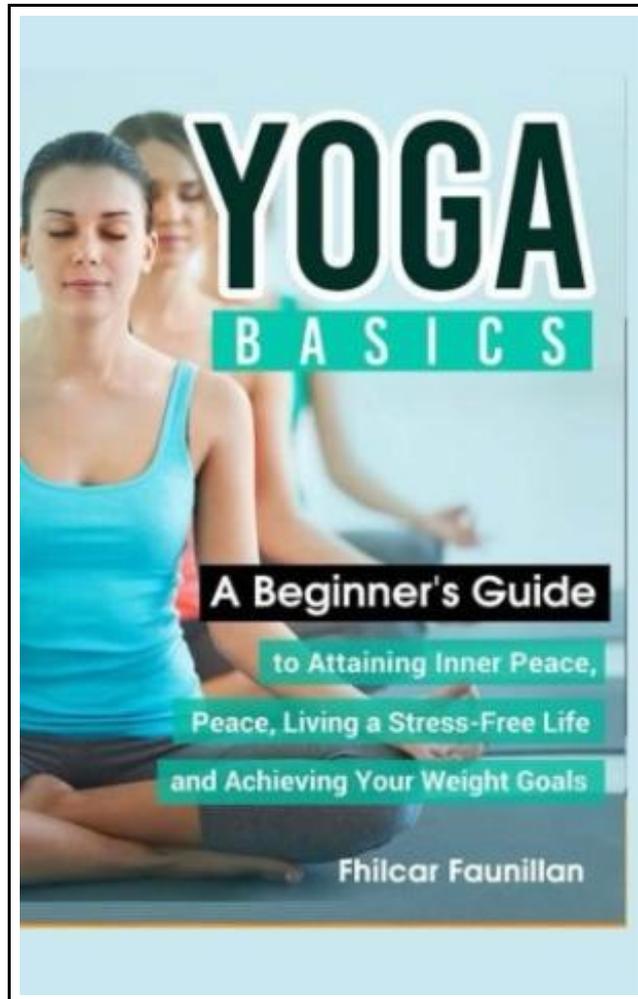


## Yoga Basics: A Beginner's Guide to Attaining Inner Peace, Living a Stress-Free Life and Achieving Your Weight Goals



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