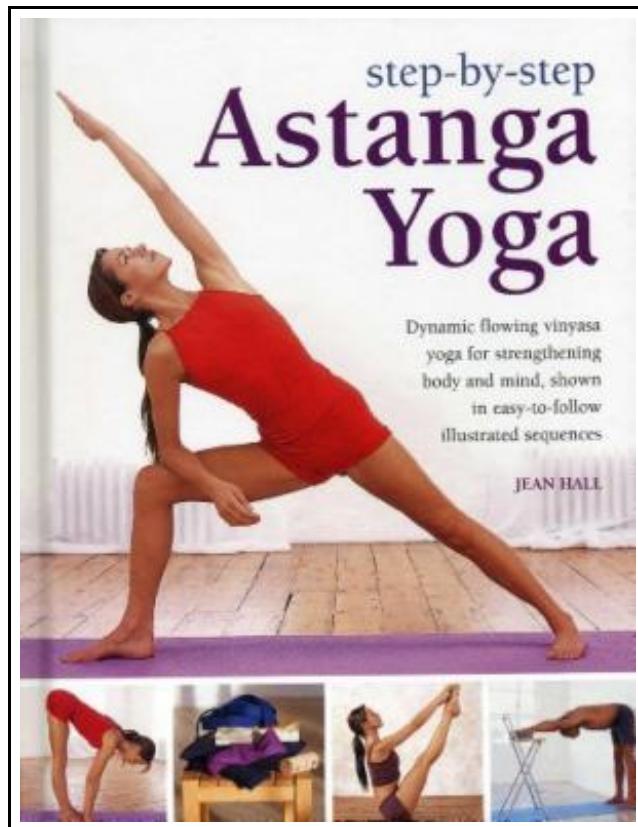


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STEP BY STEP ASTANGA YOGA: DYNAMIC FLOWING VINYASA YOGA FOR STRENGTHENING BODY AND MIND, SHOWN IN EASY-TO-FOLLOW ILLUSTRATED SEQUENCES

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