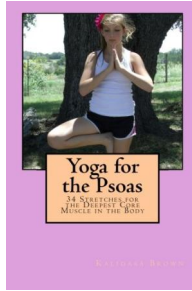


## Yoga for the Psoas: 34 Stretches for the Deepest Core Muscle in the Body



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