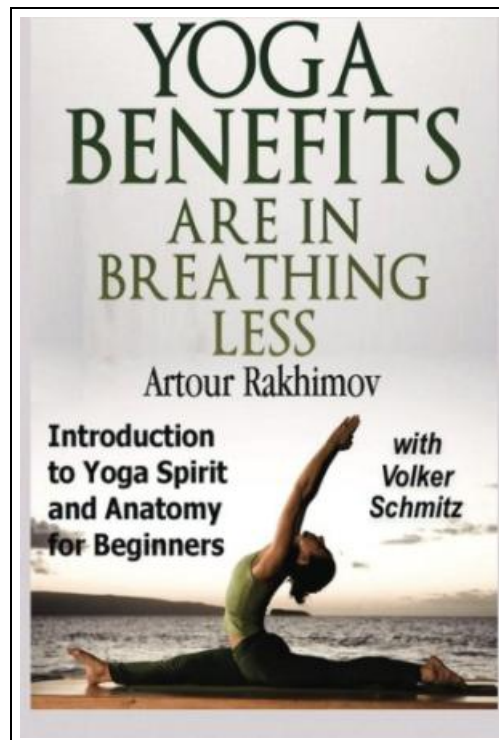


## Yoga Benefits Are in Breathing Less: Introduction to Yoga Spirit and Anatomy for Beginners



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