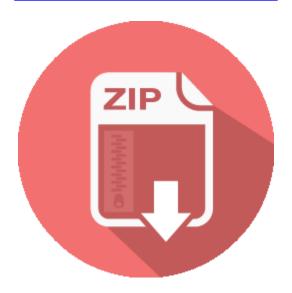
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It includes instructions for yoga poses that help people lose weight, as well as explaining the benefits of yoga and the different styles too. This is a very interesting and informative book for anyone wanting to learn about and do yoga.

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