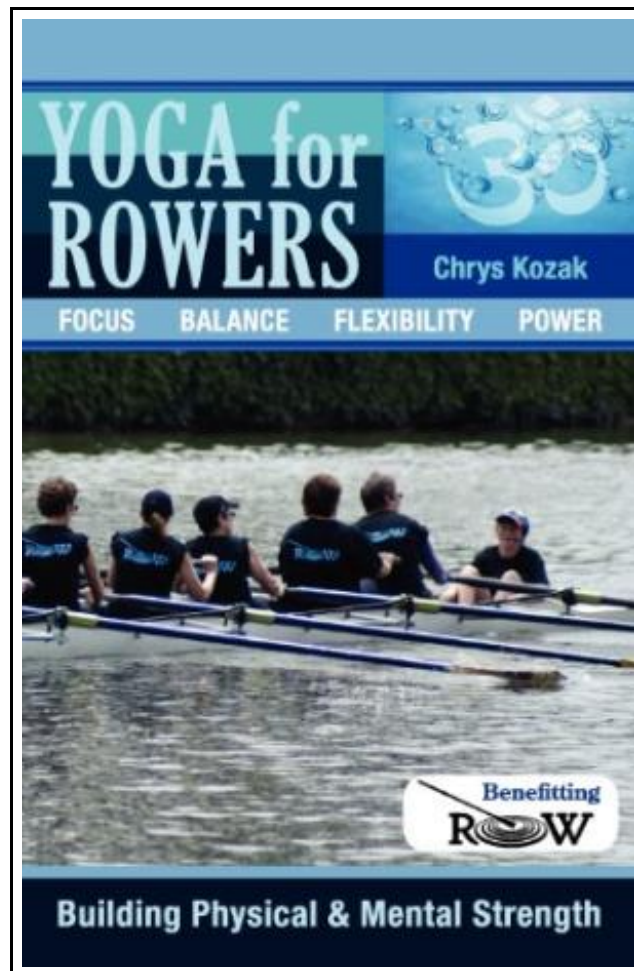


## Yoga for Rowers: Building Physical Mental Strength: Benefitting Recovery on Water



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