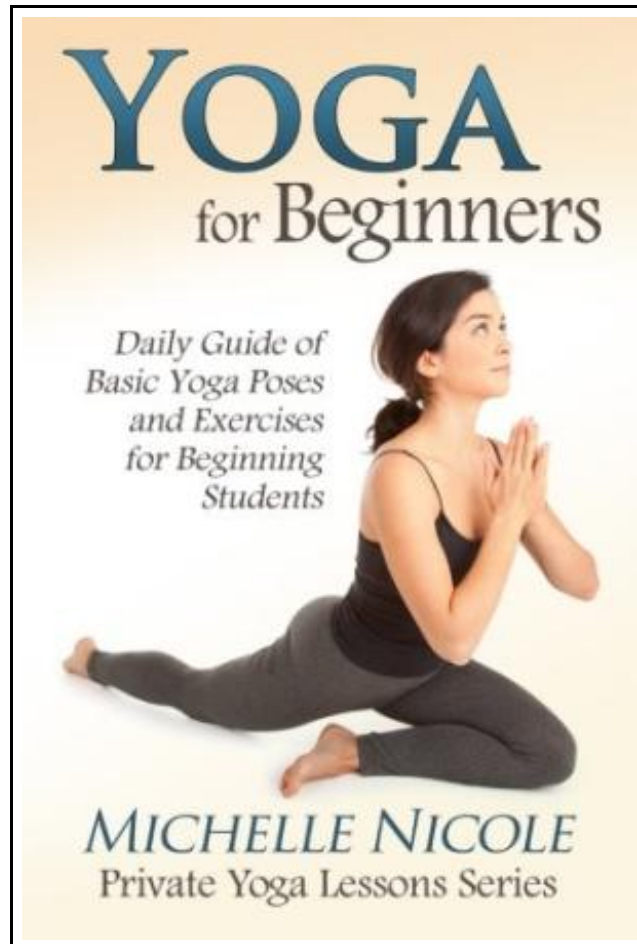


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YOGA FOR BEGINNERS: THE DAILY GUIDE OF BASIC YOGA POSES AND EXERCISES FOR BEGINNING STUDENTS



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