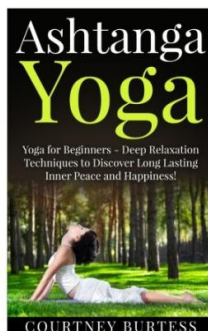


## Ashtanga Yoga: Deep Relaxation Techniques to Discover Long Lasting Inner Peace and Happiness!



### Book Review

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