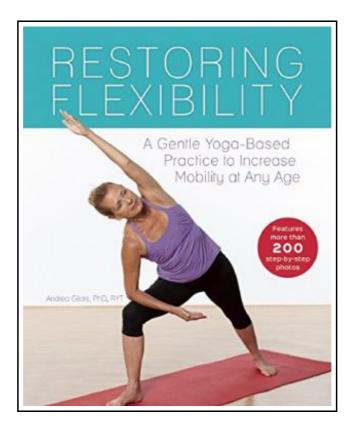
# Restoring Flexibility: A Gentle Yoga-Based Practice to Increase Mobility at Any Age



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# RESTORING FLEXIBILITY: A GENTLE YOGA-BASED PRACTICE TO INCREASE MOBILITY AT ANY AGE



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