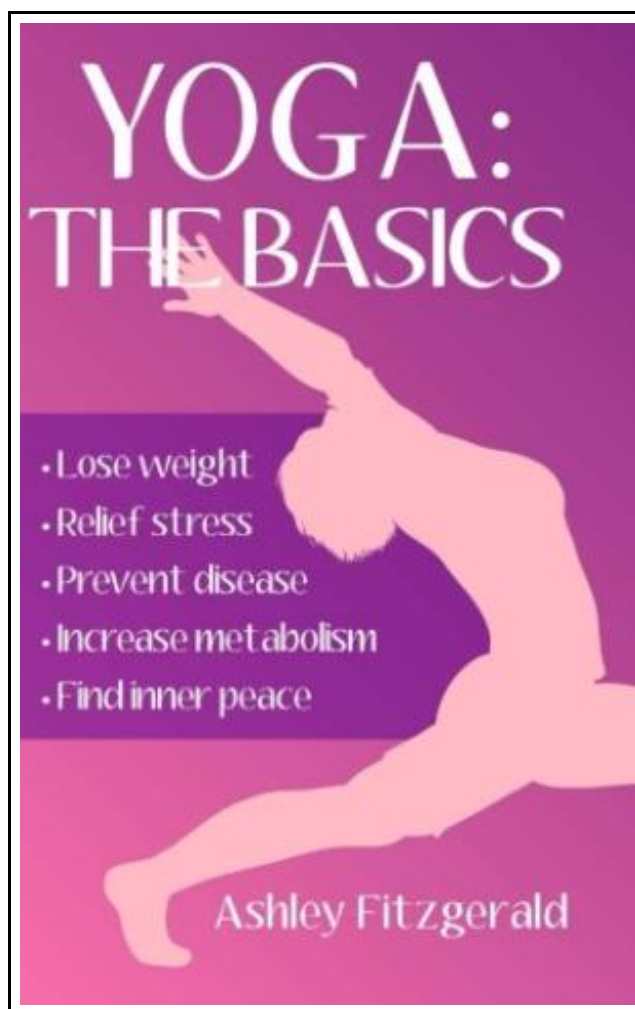


## **Yoga: The Basics: Lose Weight, Relief Stress, Prevent Disease, Increase Metabolism and Find Your Inner Peace Using the Millenary Exercises of Yoga That Have Endured the Test of Time.**



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