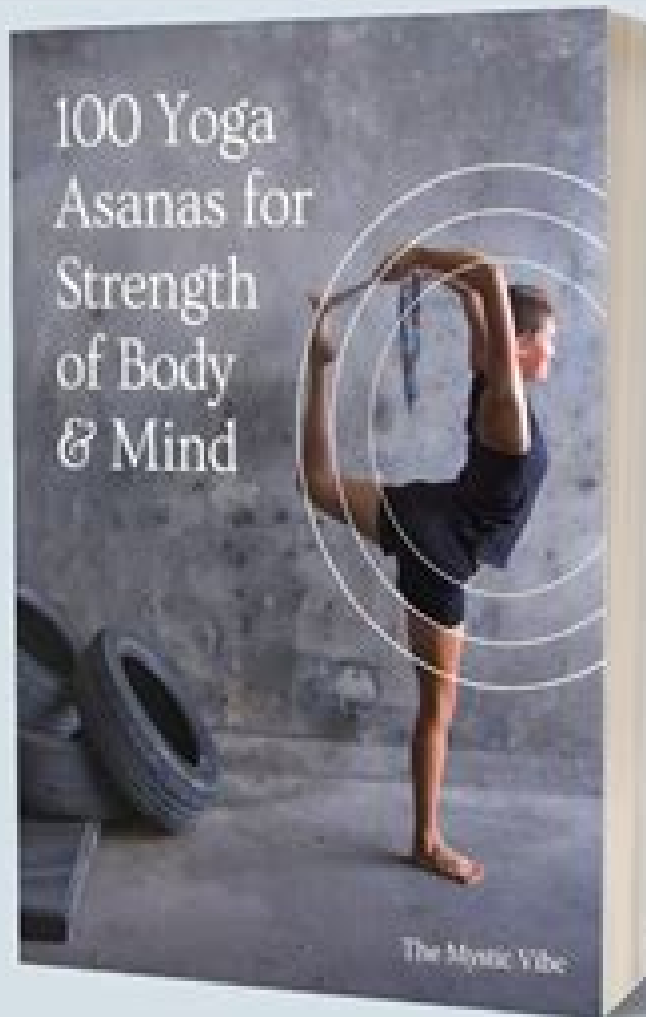


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Yoga for Beginners Brian Burns,Howard Kent,Claire Hayler,2011-08-15 Presents an introduction to Yoga discussing such topics as its basic principles consciousness breathing postures and exercises and meditation

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