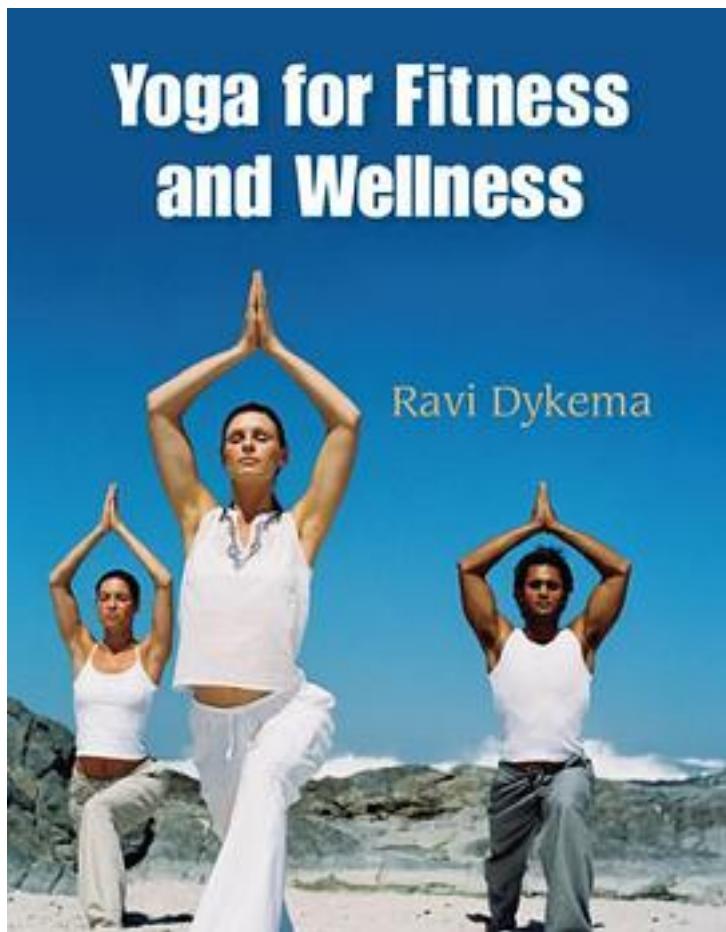


# Yoga for Fitness and Wellness



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About to embark on a yoga class and seeking information and guidance for this effective form of exercise? In YOGA FOR FITNESS AND WELLNESS you will explore topics ranging from the theories to the history of yoga. With this knowledge, combined

with a manual on the exercises themselves, you will soon be on the path to health, strength and relaxation!

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