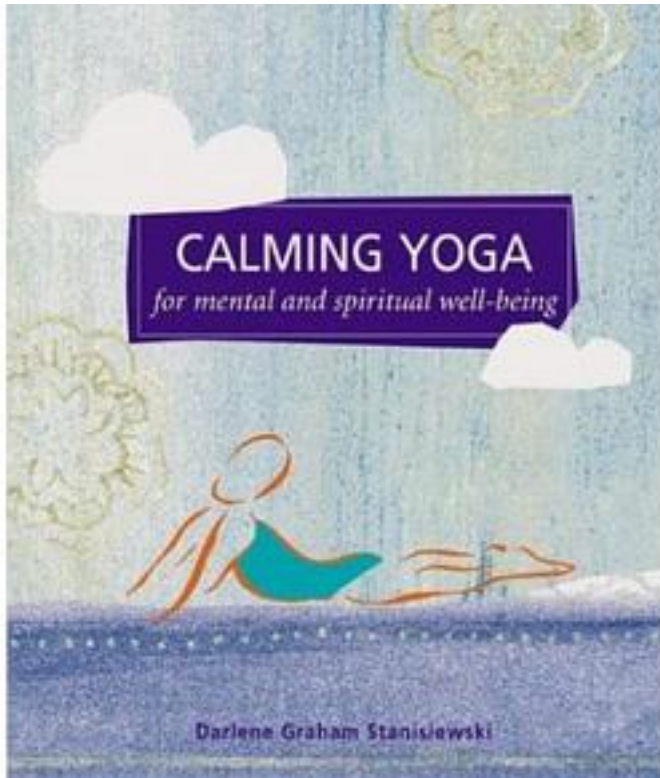


Calming Yoga



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Clear, step-by-step directions for easy yoga postures increase physical flexibility and reduce stress.

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