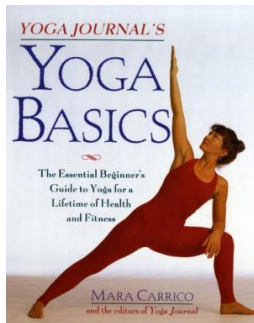


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## YOGA JOURNAL'S YOGA BASICS: THE ESSENTIAL BEGINNER'S GUIDE TO YOGA FOR A LIFETIME OF HEALTH AND FITNESS



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- Authored by Carrico, Mara; Editors of Yoga Journal
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