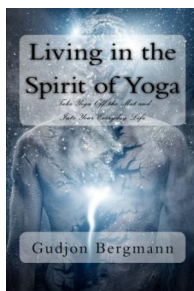


Living in the Spirit of Yoga: Take Yoga Off the Mat and Into Your Everyday Life



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