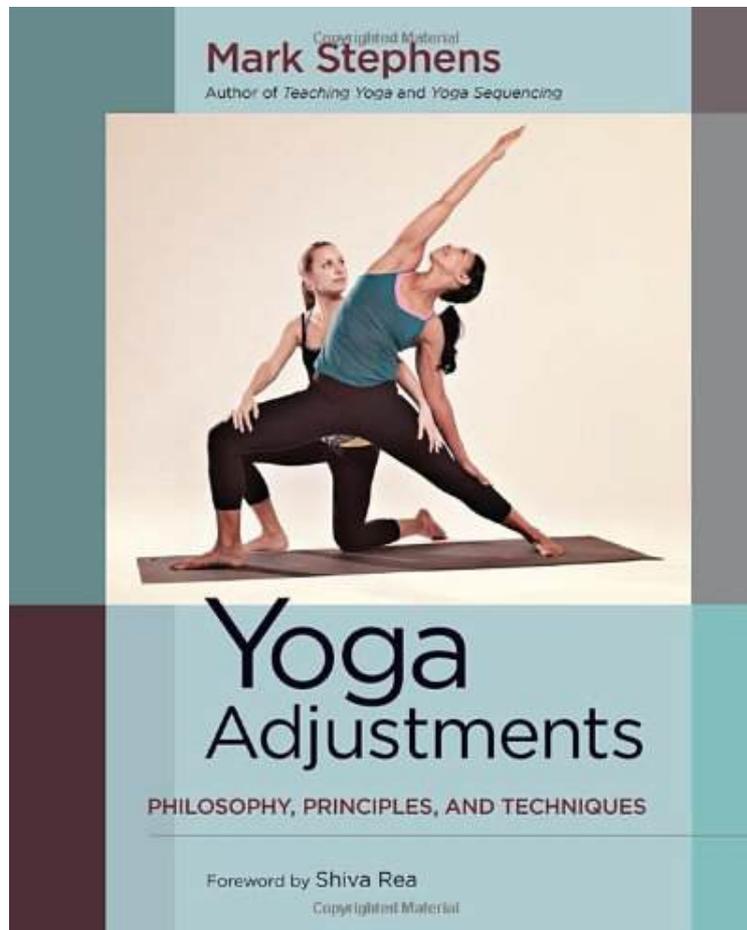


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Yoga Adjustments: Philosophy, Principles, and Techniques

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