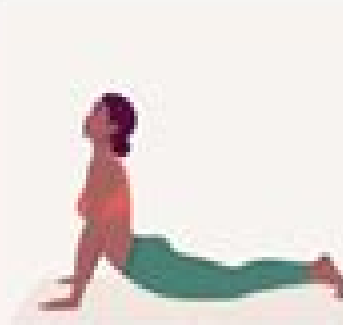


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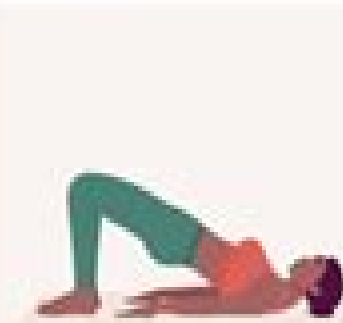
Cobra Pose



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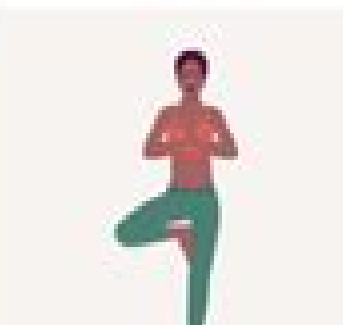
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Warrior 1 Pose



Seated Forward Fold



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Yoga Guide Quick Start

Georg Feuerstein, Larry Payne



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