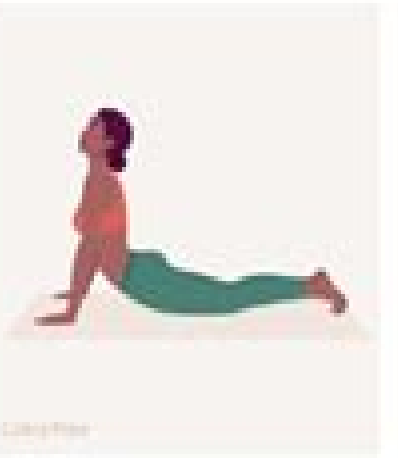
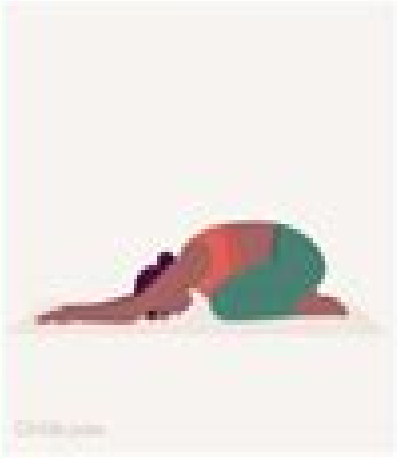
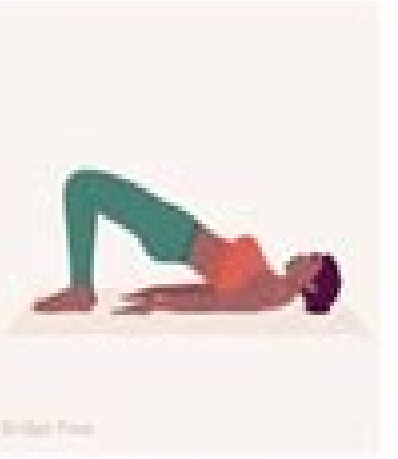
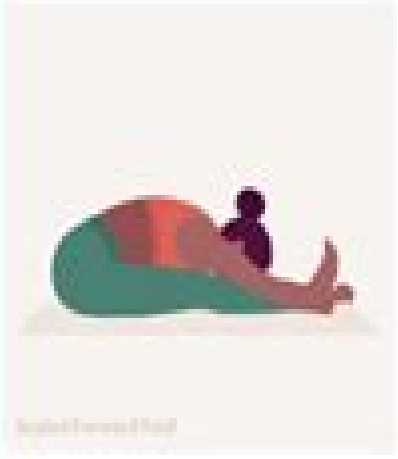
How to Learn Yoga Poses

13 Tips for Beginners









YOGA BASICS

Yoga Practice Tips

Thirumalaisamy P. Velavancorresponding

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