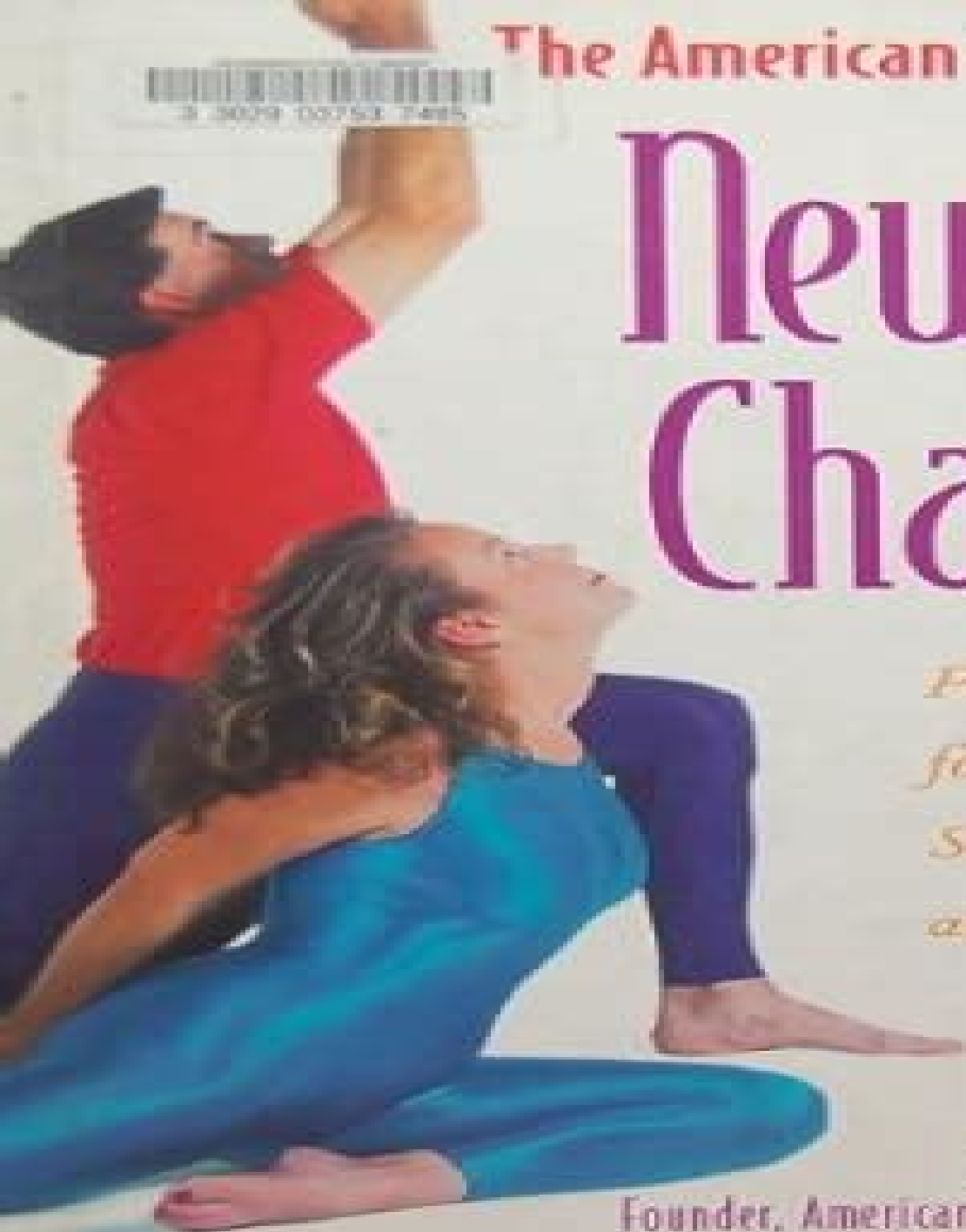


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*Powerful Workouts
for Flexibility,
Strength, Energy,
and Inner Discovery*



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