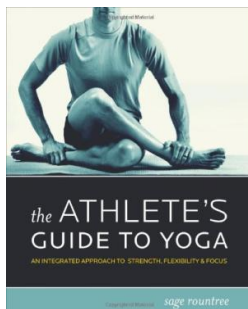


## The Athlete's Guide to Yoga: An Integrated Approach to Strength, Flexibility & Focus



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