

How to Learn Yoga Poses

13 Tips for Beginners



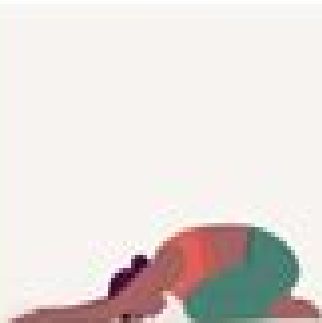
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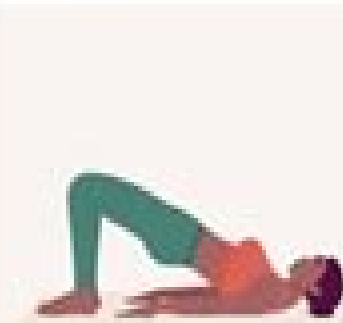
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Yoga Practice Tips

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