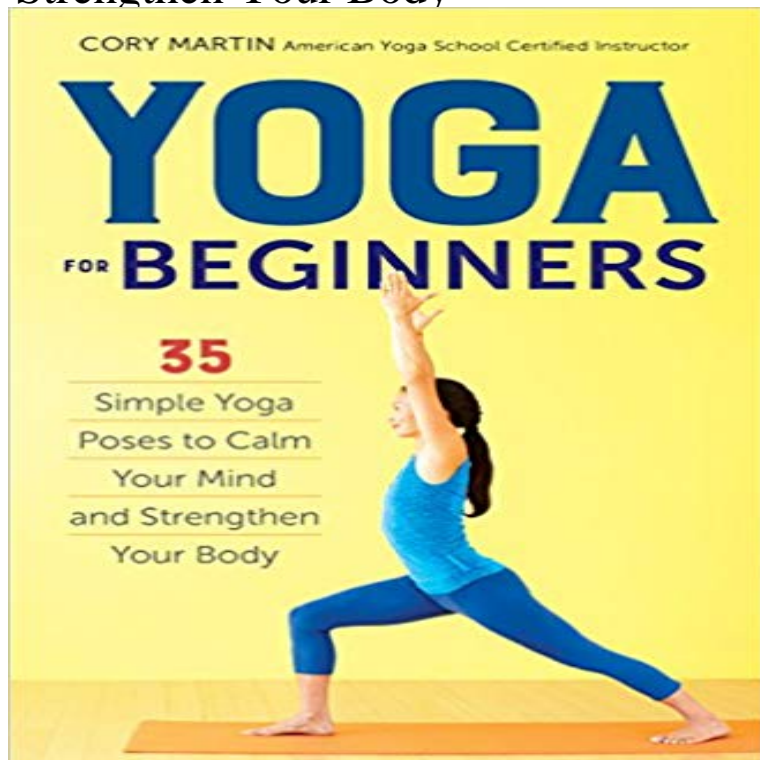


# Yoga for Beginners: Simple Yoga Poses to Calm Your Mind and Strengthen Your Body



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