

Yoga for increased fitness

Do try
this at
home

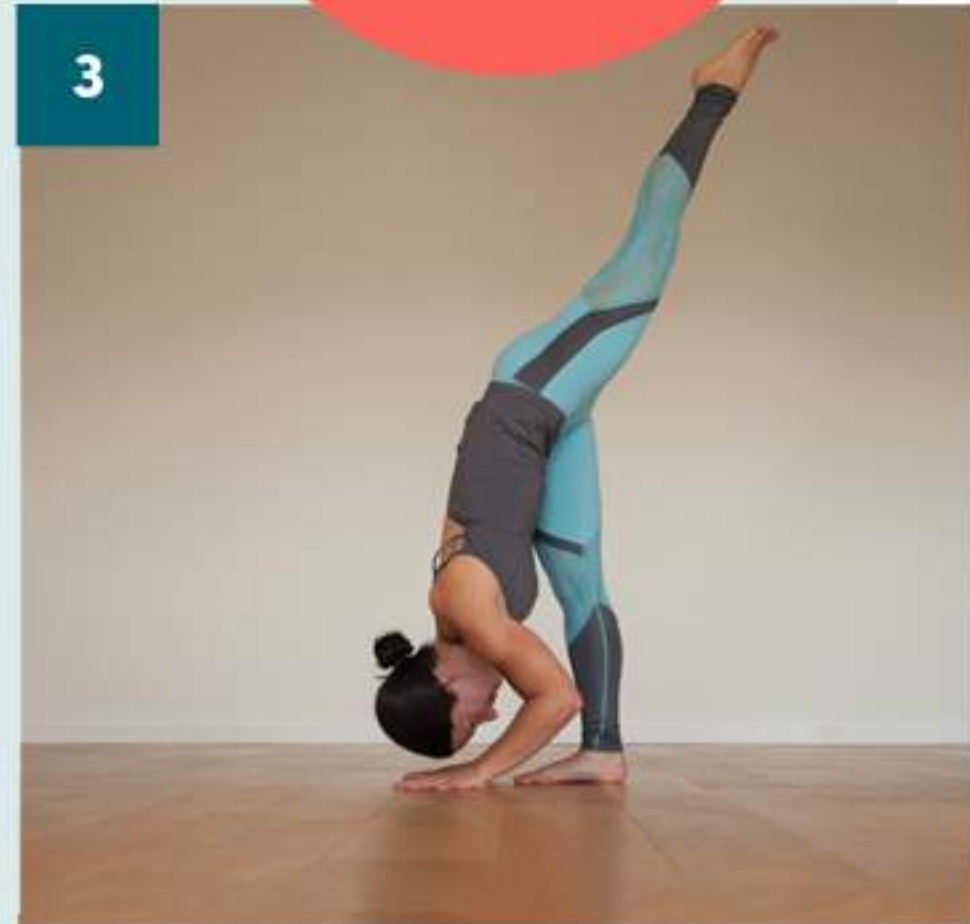
1



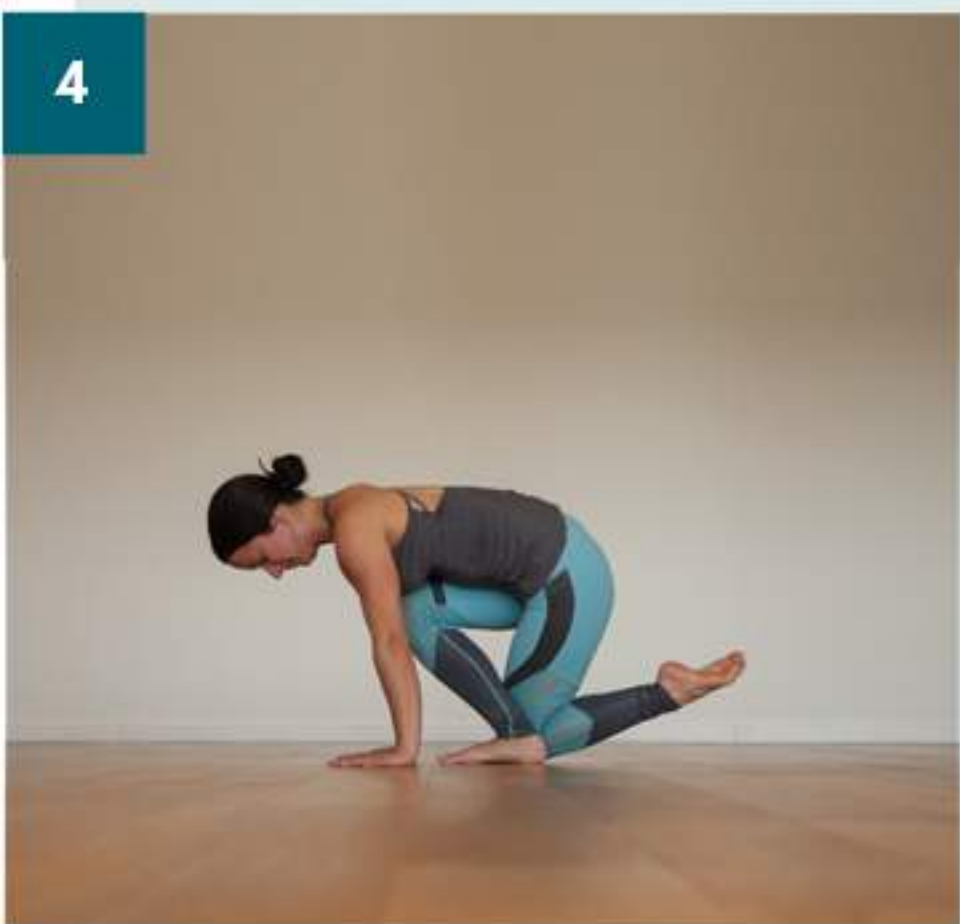
2



3



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