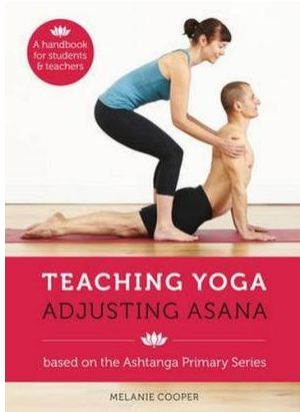


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TEACHING YOGA, ADJUSTING ASANA: A HANDBOOK FOR STUDENTS AND TEACHERS



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