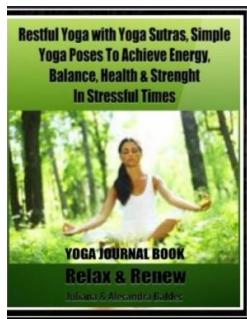


## Restful Yoga With Yoga Sutras, Simple Yoga Poses to Achieve Energy, Balance, Health and Strength in Stressful Times



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