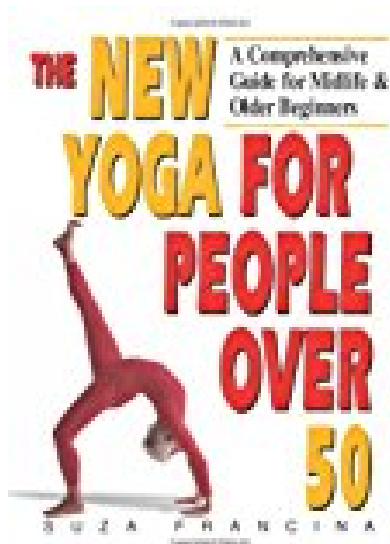


The New Yoga for People Over 50 A Comprehensive Guide for Midlife & Older Beginners



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