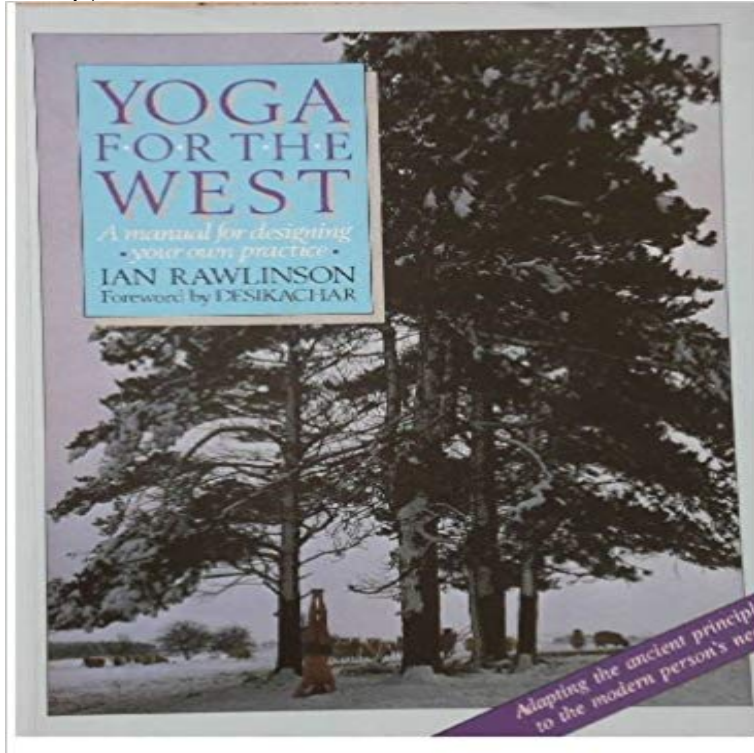


## Yoga for the West: A Manual for Designing Your Own Practice



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