



# **Yoga: A Practical Yoga Guide for Beginners for Increased Health, Well-Being and Longevity (Yoga for Beginners, Yoga for Weight Loss, Yoga Guide, Meditation)**

*Baika Goshin*

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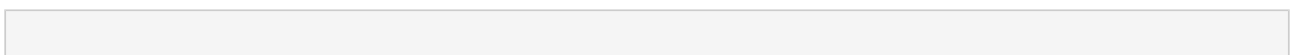
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