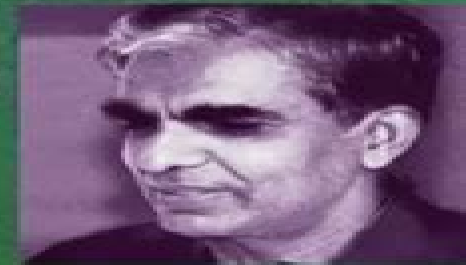


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# The Heart of Yoga

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# The Heart Of Yoga Developing A Personal Practice

**JA Banks**



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