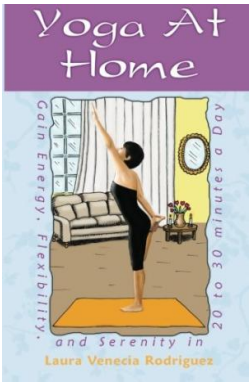
# Yoga at Home: Gain Energy, Flexibility, and Serenity in 20-30 Minutes a Day




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