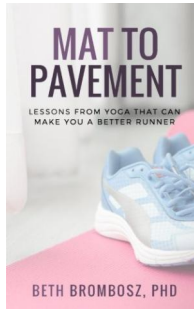


## Mat to Pavement: Lessons from Yoga That Can Make You a Better Runner



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