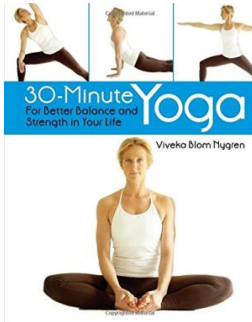


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## 30-MINUTE YOGA: FOR BETTER BALANCE AND STRENGTH IN YOUR LIFE



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